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VEGAN COOKBOOK
Brought to you by Vegan Food & Living
101 PLANT-BASED RECIPES
JACKFRUIT CHILLI BOWLS P62
Includes US & metric measures
Garden fresh
Create amazing flavours using top-quality seasonal produce...
Spicy springtime dinners • Simple breakfasts
Light lunches • Midweek meals
Delve into food alchemy • Cakes, tarts & sweet treats
ANTHEM
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COOKBOOK
SPRING 2019



Welcome



There's something about spring that has me craving fresh produce and dreaming about picnics and enjoying dinner in the garden with a cold glass of wine. Of course, in spring you're never sure whether you'll be treated to unseasonably warm spells or a sudden downfall of snow! That's why we're covering all bases with our spring cookbook with a selection of lighter lunches (pg.14) for those sunny days as well as bringing the heat with our spicy recipes (pg.34) for the chillier spells.

It's easy to get stuck in a rut when it comes to what you choose to cook when you get home from work – we're all guilty of busting out that bag of pasta and jar of sauce for a quick and simple dinner! But we want you to banish boring meals this spring with our sumptuous selection of midweek meals with a street-food twist (pg.50) that includes dishes such as crispy aubergine parmesan stacks (pg.55) and sticky orange cauliflower (pg.56).

If you fancy channelling your inner Mary Berry, we have a delectable selection of baked goods for you to try your hand at. Treat yourself to a spot of brunch with our cinnamon roll recipe (pg.111), or go all out with our sumptuous chocolate glazed doughnuts (pg.106). The first thing I'm going to be making is the mouth-watering cookies and cream cheesecake (pg.96)!

Don't miss our fantastic features on how to save the pennies while eating a plant-based diet (pg.46) and find out how to enjoy being both gluten-free and vegan (pg.73) without feeling restricted. We also show you how to use cooking as a tool to help you become more at one with yourself (pg.65) – after all, they do say the way to your heart is through your stomach!

Rachel

Rachel Smith



Get fresh this spring with these fabulous jackfruit Chilli bowls on page 62.

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Spring 2019

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Rise and shine!

Breakfast

RECIPES

Start your day the right way with these delicious and healthy ideas!





Raw cacao bowl

By Quelcy Kogel

Makes **1** | *Prep* **5 mins** | *Cook* **25 mins** | *Calories* **427** *(per serving)*

FOR THE PORRIDGE

240ml (1 cup) water

14g (2 tbsp) raw cacao powder

pinch of sea salt

43g (¼ cup) whole grain teff

TO SERVE

coconut cream

sliced kumquats and/or other citrus fruits

unwaxed orange zest

raw cacao nibs

sea salt

maple or agave syrup



This recipe is taken from *The Gluten-Free Grains Cookbook* by Quelcy Kogel, photography by Noah Purd, published by Page Street Publishing Co. (RRP £15.99.)

21.0g	13.7g	0.4g	9.5g	16g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. In a saucepan, over a medium-high heat, bring the water, raw cacao powder and sea salt to a boil, whisking to dissolve the cacao.
2. Add the teff, cover, reduce the heat to low and simmer, stirring occasionally to help the mixture thicken and prevent sticking. Simmer for 15-20 minutes, or until all the liquid has been absorbed. Remove from the heat, and transfer to a serving bowl.
3. To serve, top with a dollop of coconut cream, sliced kumquats, orange zest, cacao nibs and a sprinkle of sea salt. Drizzle with syrup and give everything a good stir to mix the flavours.

TIP Raw cacao powder comes from cold-pressing unroasted cocoa beans, so the enzymes and nutrients remain intact, unlike cocoa, which has been roasted. Raw cacao powder does tend to be a little more expensive, but in recent years, it has become more readily available with more affordable options. If you can't find it, you can use unsweetened cocoa powder instead.



Warming spice granola

By Harriet Smith (www.harrietemily.com)
Serves **2-3** | *Prep* **5 mins** *plus cooling* |
Cook **5 mins** | *Calories* **301** *(per serving)*

156g (1 cup) rolled oats
2 tbsp melted coconut oil
1 tbsp agave syrup
½ tsp ground cinnamon
¼ tsp ground ginger
¼ tsp mango powder
pinch chilli powder

1. Preheat oven to 150°C/Gas Mark 3.
2. Place the oats into a mixing bowl and pour in the coconut oil and agave syrup. Then spoon in the cinnamon, ginger, mango and chilli powder. Mix everything together until the oats are evenly coated.
3. Pour the oat mixture onto a baking tray, then place in the oven to heat for about 5-7 minutes, or until golden.
4. When the granola is ready, remove it from the oven and allow it to cool completely. Once cooled, pour it into a clean jar to store, or serve immediately with plant-based milk or yoghurt.

12.8g Total fat | 9.6g Saturates | trace Salt | 5.6g Sugar | 6.9g Protein



Jazz apple smoothie bowl with toasted hazelnuts

By Great British Apples (www.greatbritishapples.co.uk)
Serves **1** | *Prep* **10 mins** | *Cook* **none** | *Calories* **488** *(per serving)*

1 Jazz apple
2 tbsp oats
120g (¾ cup) frozen blackberries
½ banana
200ml (¾ cup) non-dairy milk
2 knobs of stem ginger, plus 30ml (2 tbsp) syrup
20g (¼ cup) toasted hazelnuts, chopped
handful of fresh raspberries, to decorate

1. Core and halve the apple. Peel one half and leave the skin on the other. Roughly chop the peeled apple and finely slice the half with the skin on.
2. Add the peeled apple, oats, frozen blackberries, banana, non-dairy milk, ginger and syrup to a blender and blitz until smooth.
3. Pour the smoothie into a bowl and decorate with apple slices, toasted hazelnuts and raspberries.

13.7g Total fat | 1.4g Saturates | 0.2g Salt | 44.9g Sugar | 12.3g Protein



Baked oats with peaches, berries and chocolate

By Rock My Bowl for Seed And Bean (www.seedandbean.co.uk)
Makes **3-4** *bowls | Prep* **5 mins** |
Cook **35 mins** | *Calories* **375** *(per serving)*

2 tbsp coconut oil

100g (⅔ cup) jumbo oats

2 tbsp hulled hemp seeds

2 tbsp flaxseed

4-6 squares Seed and Bean Cornish Sea Salt Extra Dark Chocolate, roughly chopped

1 large, ripe peach, pitted and sliced

100g (⅔ cup) blueberries, or other berries

420ml (1¾ cups) non-dairy milk

2 tbsp maple syrup

TO SERVE

peach slices, fresh berries, non-dairy yoghurt, grated dark chocolate, maple syrup, and/or nut butter

1. Preheat the oven to 180°C/Gas Mark 4.
2. Melt the coconut oil in a medium ovenproof dish. Swirl to coat the sides, sprinkle half the oats over the bottom of the dish, then sprinkle with 1 tbsp each of the hemp and flaxseed. Lay half of the peach slices and berries on top.
3. Repeat the layering process with the oats, seeds and fruit.
4. In a jug, mix together the non-dairy milk and maple syrup, then pour over the oats. Add the chopped dark chocolate last. Carefully transfer the dish to the oven; it will look very wet, but don't worry, the oats will puff and absorb the liquid. Bake for 35-40 minutes.
5. When the oats are cooked, remove from the oven and serve in bowls with a spoonful of non-dairy yoghurt, extra fruit, a drizzle of maple syrup and some nut butter.

21g	3.5g	0.1g	13.8g	11.4g
Total fat	Saturates	Salt	Sugar	Protein



Pink Lady apple pie breakfast smoothie bowl

By Pink Lady Apples (www.pinkladyapples.co.uk)
Makes **3** *bowls | Prep* **10 mins** |
Cook **none** | *Calories* **264** *(per serving, without toppings)*

1 frozen banana, peeled

245g (1 cup) non-dairy yoghurt of your choice

1 large Pink Lady apple, washed, cored and cut into chunks

80g (½ cup) gluten-free oats

2 tbsp chia or flaxseed

2 tsp ground cinnamon

2 tsp vanilla powder, or extract

240ml (1 cup) non-dairy milk of your choice

2 tsp beetroot powder, or freeze dried raspberry powder (optional)

TOPPINGS (OPTIONAL):

pomegranate seeds, maple syrup, chia seeds, oats, edible flowers, Pink Lady apple slices, nuts or seeds

1. Process all the smoothie ingredients in a high-speed blender until smooth and creamy.
2. Serve immediately and add the toppings of your choice.

7.9g	0.8g	0.1g	10.9g	9.7g
Total fat	Saturates	Salt	Sugar	Protein



The best free-from banana bread

By James Wythe (www.healthylivingjames.co.uk)

Serves **10** *slices | Prep* **5 mins** *plus cooling | Cook* **40 mins** *| Calories* **194** *(per serving)*

5 ripe bananas, peeled

150g (1¼ cups) gluten free self-raising flour (I use Doves Farm)

100ml (½ cup) unsweetened plant milk

3 tbsp maple syrup

1 tbsp baking powder

1 tsp cinnamon

100g (1 cup) pecans, or vegan chocolate, crushed (optional)

1. Preheat the oven to 200°C/Gas Mark 6.
2. To a large mixing bowl, add 4 ripe bananas and mash with a fork.
3. Add the flour, non-dairy milk, maple syrup, cinnamon and baking powder, then mix.
4. Add around three-quarters of the crushed pecans and mix again.
5. Grease a lined baking tin with a little coconut oil and pour in the mixture. I use a small tin as a normal-sized one can be too long which affects how much the bread rises. Slice a banana lengthways and push it into the mixture. Top with the leftover pecans.
6. Bake in the oven for 35-40 minutes
7. Allow to cool for 15-20 minutes before slicing and serving.

TIP This can be stored in a sealed container at room temperature for a couple of days. If you prefer, you can swap the pecans for other nuts, such as walnuts or almonds.

7.6g	0.8g	trace	11.2g	2.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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Light Lunches

RECIPES

Ditch those soggy sandwiches and tuck into these delicious dishes instead!





Polenta pizza with spinach and roasted squash

By Áine Carlin

Serves **4-6** | *Prep* **20 mins** *plus chilling* | *Cook* **55 mins** | *Calories* **248** *(per serving)*

FOR THE BASE

700ml (3 cups) water

175g (1 1/8 cups) polenta

1 tbsp extra-virgin olive oil

sea salt flakes and black pepper, to taste

FOR THE PIZZA SAUCE

3 tbsp passata

1 heaped tbsp tomato purée

1 tsp oregano

1 garlic clove, peeled, minced

½ tbsp maple syrup

½ tbsp balsamic vinegar

50ml (¼ cup) water

sea salt flakes and black pepper, to taste

FOR THE TOPPINGS

½ butternut squash, peeled and cut into bite-sized pieces

1 heaped tsp oregano

1 tbsp olive oil

200g (6 2/3 cups) spinach

2 shallots, peeled, sliced

2 heaped tbsp freshly chopped basil, plus extra to garnish

2 tbsp pumpkin seeds

2 tbsp nutritional yeast (optional), plus extra to garnish

sea salt flakes and freshly ground black pepper

FOR THE CHEESY SEED SAUCE

70g (½ cup) sunflower seeds

1 small garlic clove, peeled, minced

juice of ½ orange

1 tsp Dijon mustard

1 tsp maple syrup

½ tsp sea salt flakes

1 tbsp nutritional yeast (optional)

125ml (½ cup) water

TO MAKE THE BASE

1. Preheat the oven to 220°C/Gas Mark 7, and line a baking tray with baking paper.
2. Boil the water in a saucepan and generously salt. Whisk in the polenta and cook over a medium heat, stirring vigorously, for 15-20 minutes, or until it thickens. Add the oil, season and continue to cook, stirring, until it becomes rubbery and pliable.
3. Tip the mixture onto the baking tray and spread it to the edges using a spatula. Transfer to the refrigerator and leave for 30 minutes to firm.
4. Bake the pizza base for 20-25 minutes, or until the edges begin to crisp.

TO MAKE THE TOPPINGS

1. While the pizza base is setting, put the squash, oregano and olive oil in a bowl and toss to coat. Season generously and roast for 30 minutes, or until golden and crispy. Set aside.
2. Increase the heat to 240°C/Gas Mark 9 and bring a large saucepan of water to the boil. Add the spinach and cook until wilted, then remove with a slotted spoon and squeeze out any excess liquid before mincing to a rough pulp. Season and set aside until needed.

TO MAKE THE PIZZA SAUCE

1. Add the passata, tomato purée, oregano, garlic, maple syrup, balsamic vinegar and measured water to a bowl, then whisk together to combine. Season and set aside.
2. Spread the base with the pizza sauce and top with the sliced shallots, wilted spinach, basil, roasted squash, pumpkin seeds and the nutritional yeast, if using. Bake for a further 15-20 minutes, or until the edges are crispy and golden.

TO MAKE THE CHEESY SAUCE

1. Place all the ingredients in a bowl and whizz together with a hand-held blender until completely smooth.
2. Cut the pizza into squares, drizzle over the sauce and garnish with extra basil and/or nutritional yeast.

6.9g	1g	0.4g	6g	9.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Glass noodle salad

By Áine Carlin

Serves **2-4** | *Prep* **15 mins** | *Cook* **none** | *Calories* **309** *(per serving)*

FOR THE NOODLES

2 rice noodle nests

100g (¾ cup) frozen edamame

½ cucumber, cut into ribbons

100g (1⅔ cups) sugar snap peas, sliced diagonally

FOR THE ZESTY ASIAN DRESSING

1 small red chilli, finely chopped

1 thumb-sized piece of fresh root ginger, peeled and grated

1 unwaxed lime, grated zest and juice only

2 tbsp tamari

½ tbsp sesame oil

1½ tbsp maple syrup

½ tbsp rice mirin

TO SERVE

2 spring onions, sliced

2 tbsp black sesame seeds

1. Place the rice noodles and edamame in a large bowl and cover with freshly boiled water. Leave to soak for 8-10 minutes, stirring occasionally with chopsticks to break up the nests of noodles. When the noodles are soft, drain and set aside.

TO MAKE THE DRESSING

1. Mix the chilli and ginger together in a small bowl to form a paste, then add the remaining ingredients and whisk together vigorously.
2. Pour the dressing over the noodles and combine, using your hands. Add the cucumber and sugar snap peas to the bowl and mix to combine. Refrigerate until needed.
3. When ready to serve, garnish with the spring onion and sesame seeds.

5.7g	0.8g	1.5g	8.3g	7.5g
Total fat	Saturates	Salt	Sugar	Protein

The recipes on pages 14-15 are taken from *Cook Share Eat Vegan* by Áine Carlin, photography by Danielle Wood, published by Mitchell Beazley.





The recipe on this page is taken from *Cauliflower Power* by Kathy Kordalis, published by Ryland Peters & Small. (RRP £9.99.)

Scorched cauliflower baba ganoush with onion and pomegranate salad

By Kathy Kordalis

Serves **4** | *Prep* **10 mins** *plus draining* | *Cook* **30 mins** | *Calories* **322** *(per serving)*

FOR THE BABA GANOUSH

2 large aubergines (about 650g)

½ cauliflower, cut into florets (about 200g)

4 garlic cloves, unpeeled

1 tsp smoked cumin

4 tbsp extra-virgin olive oil

1 unwaxed lemon, juice only

3 tbsp water

2 tbsp tahini

1 tbsp fresh mint, chopped

1 tbsp flat leaf parsley

1 tbsp pomegranate seeds

½ tsp sumac

purple basil, to garnish (optional)

salt and freshly ground black pepper

FOR THE SALAD

3 red onions, peeled

2 tbsp vegetable oil

4 tbsp pomegranate molasses (see tip)

1 tsp maple syrup (optional)

2 tsp sumac

1 tsp sea salt flakes

1. Preheat the oven to 200°C/Gas Mark 6.
2. Blacken the aubergines over a gas hob or barbecue, turning regularly with tongs, until completely charred and collapsed. Allow to cool.
3. Place the cauliflower and garlic on a lined baking sheet and sprinkle with the cumin. Drizzle with 2 tbsp olive oil and season. Bake in the preheated oven for 10 minutes, then turn and cook for another 10 minutes, or until tender and the cauliflower has coloured. Squeeze the garlic out of the skins and set aside with the cauliflower to cool.
4. Cut the aubergines lengthways and scoop out the flesh, discarding the skins. Place the flesh in a sieve and drain for 30 minutes.
5. In a serving bowl, stir the lemon juice and water into the tahini until it loosens. Add the mint and parsley, and season. Mash the aubergines garlic and cauliflower with a fork (reserving a few florets for the garnish), then stir them into the tahini mixture. Top with the reserved florets, pomegranate seeds, sumac and purple basil, if liked. Pour the remaining oil around the edge.

TO MAKE THE SALAD

1. Peel and quarter the onions, leaving the roots and tips on. Toss the onions in the oil and skewer them.
2. Fry in a very hot griddle or pan until charred. Drizzle the hot onions with the molasses and maple syrup, (if using), sprinkle with the sumac and salt flakes. Serve.

TIP If you can't find pomegranate molasses, try blending dark brown sugar with water, smooth fruit jam, and a splash of balsamic vinegar.

25.5g	3.2g	0.4g	10.7g	5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Bramley apple and spinach slaw with chipotle

By Great British Apples (www.greatbritishapples.co.uk)
Serves **2** *(with leftovers)* | *Prep* **5 mins** |
Cook **none** | *Calories* **275** *(per serving)*

200g Bramley apples (approximately 1 large apple), cut into fine strips

100g (3⅓ cups) spinach, finely chopped

50g (¾ cup, shredded) red cabbage, finely shredded

100g (½ cup) vegan mayonnaise

2 tsp chipotle pepper

½ tsp ground cumin

15ml (3 tbsp) apple cider vinegar

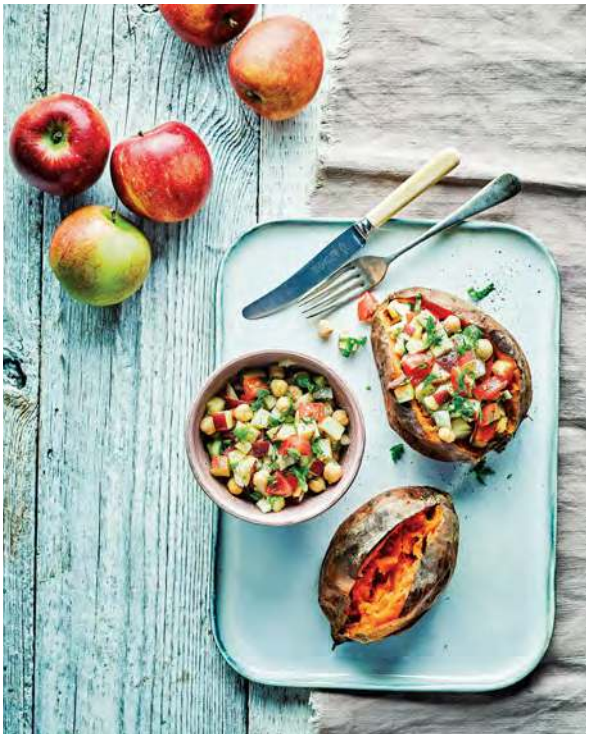
1 unwaxed lemon, juice and zest only

pinch of salt and pepper

1 Carefully mix all the ingredients in a bowl.

TIP Serve with marinated tofu or vegan breaded fillets.

21.8g	1.4g	0.8g	9g	2.1g
Total fat	Saturates	Salt	Sugar	Protein



Roast sweet potato with Braeburn apple and fennel salsa

By Great British Apples (www.greatbritishapples.co.uk)
Serves **2** *(with left overs)* | *Prep* **10 mins** |
Cook **45 mins** | *Calories* **467** *(per serving)*

2 sweet potatoes

200g Braeburn apples (approximately 1½ apples), skin on and finely diced

100g (1 cup) fennel, diced

50g (⅓ cup) cherry tomatoes, diced

75g (¾ cup, diced) spring onion, finely chopped

3 tbsp extra-virgin olive oil, or hemp oil

5g coriander, finely chopped (including stalks)

salt and freshly ground pepper

400g can chickpeas (240g drained, 1 cup)

1 garlic clove, peeled finely grated

1 unwaxed lime, juice and zest only

1 tsp chilli flakes

1 Preheat the oven to 180°C/Gas Mark 4.

2 Tightly wrap the sweet potatoes in baking paper or foil and roast for 45 minutes until soft.

3 Toss all the remaining ingredients together in a large bowl and mix through with clean hands.

4 Split the sweet potatoes open and fill with salsa.

TIP Experiment with different spices like paprika or even cajun spices, if liked.

21.6g	3g	0.4g	32.1g	4.4g
Total fat	Saturates	Salt	Sugar	Protein



Butternut squash falafel and fruity slaw kale wrap

By Genius (www.geniusglutenfree.com)
Makes **18** *falafels* | *Prep* **15 mins** *plus roasting* |
Cook **20 mins** | *Calories* **407** *(per serving of 4 falafels in a wrap)*

400g can chickpeas, drained and rinsed
400g butternut squash, peeled, deseeded and roasted with a little oil
1 onion, roasted and roughly chopped
2 garlic cloves, peeled
1 tsp ground coriander
½ tsp ground cumin
1 tsp paprika
½ tsp salt
1 tbsp gram flour
2 tbsp psyllium husk
vegetable oil, for frying

FOR THE SLAW

shredded Iceberg lettuce
cranberries
raisins
grated apple
vegan mayonnaise

TO SERVE

Genius kale wraps

1. Put the chickpeas, roasted onion and garlic in a blender and blitz until smooth. Add the roasted squash and spices, then blitz again until blended. Tip into a bowl and stir in the gram flour and psyllium husk.
2. Once thoroughly mixed, shape into balls and leave in the fridge until ready to cook.
3. To fry, either use a deep fryer (the falafel take a few minutes each to cook, do in small batches) or pour a couple of inches of oil into a large saucepan, heat up until a little bit of mix fries and gently browns when dropped in. Then cook the falafel in batches, a few minutes each batch, turning to make sure they are golden brown.
4. Remove each falafel from the oil with a slotted spoon and pop onto kitchen paper to soak up excess oil.

TO MAKE THE FRUITY SLAW

1. Combine all the ingredients in a bowl.
2. Serve the falafel in kale wraps with the fruity slaw.

23.1g	2.8g	2g	15g	7.5g
Total fat	Saturates	Salt	Sugar	Protein



Beetroot hummus

By Jenny Finke (www.goodforyouglutenfree.com)
Serves **10** | *Prep* **10 mins** *plus cooling* |
Cook **30 mins** | *Calories* **46** *(per serving)*

FOR THE ROAST BEETROOT

3 medium beetroots washed, peeled and quartered
1 tsp olive oil

FOR THE HUMMUS

400g can chickpeas, drained and rinsed
2 garlic cloves
1 tsp salt
3 tbsp lemon juice
2 tbsp olive oil, plus extra to drizzle
2 tbsp water
1 spring onion, optional chopped, for garnish

1. Preheat the oven to 190°C/Gas Mark 5.
2. Line a baking sheet with foil and coat with cooking spray.
3. Toss the beetroot wedges with the olive oil and place on the greased baking sheet. Bake for about 30-35 minutes, or until tender.
4. Remove the beetroot from oven and allow to cool while you assemble the rest of the hummus ingredients.
5. In a food processor or high speed blender, add the chickpeas, garlic cloves and beetroots. Pulse to combine, then add the salt, lemon juice, olive oil and water, and blend until well combined and smooth. Add more water if a creamier texture is desired.
6. Add the mixture to a serving bowl and drizzle with the additional olive oil (optional). If liked, top with the reserved chickpeas and chopped spring onions.

TIP I recommend setting about 10 chickpeas aside before processing to garnish the finished dip.

Serve this hummus with tortilla chips, cucumber strips, carrot sticks or jicama chips.

3.6g	0.6g	0.6g	2.5g	0.6g
Total fat	Saturates	Salt	Sugar	Protein



Easy sausage rolls

By Holly Jade (www.thelittleblogofvegan.com)

Makes **10 mini sausage rolls** | *Prep* **10 mins** | *Cook* **15 mins** | *Calories* **247** *(per sausage roll)*

400g can chickpeas, rinsed and drained (240g drained, 1 cup)
4 tbsp ground flaxseed
100g (¾ cup) walnuts
10g (1 tbsp) oats
2 tbsp soy sauce
3 garlic cloves, peeled
2 tbsp oil
½ tsp smoked paprika
1 tbsp dried herbs
1 tsp dried coriander
1 tsp ground black pepper
¼ tsp salt
1 sheet of vegan puff pastry (I use Jus-Rol gluten free puff pastry)
dairy-free milk, to glaze

1. Preheat the oven to 180°C/Gas Mark 4 and line a baking tray with greaseproof paper.
2. Rinse and drain the chickpeas. You can reserve the brine (aquafaba) for another recipe.
3. Place the chickpeas, ground flaxseed, walnuts, oats, soy sauce, garlic cloves, oil, smoked paprika, herbs, coriander, black pepper and salt into a food processor and whizz until you have a sausage-like texture. This will take around 3-5 minutes.
4. Unroll the pastry and cut in half.
5. Grab some of the sausage mixture, roll it into logs and place on one side of the pastry sheet.
6. Brush some dairy-free milk on the edges of the pastry sheet and fold the pastry over the sausage. Using a fork, press the pastry layers together to create a seal.
7. Cut into servings and place onto the lined baking tray.
8. Brush some dairy-free milk over the top of the pastries and pop into the oven for 15-20 minutes, or until golden in colour.
9. Serve hot with a dipping sauce, or brush with some vegan butter.

TIP These sausage rolls are best enjoyed hot and fresh!

17.3g	4.5g	0.8g	0.6g	5.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Potato and olive tart

By Julia Shannahan (www.FriFran.com)

Serves **4** | *Prep* **10 mins** | *Cook* **25 mins** | *Calories* **371** *(per serving)*

1 sheet vegan puff pastry, such as Jus-Rol

400g potatoes (around 2-3 potatoes)

60g Kalamata olives (around 14 olives)

1 fresh thyme sprig

½ tsp sea salt flakes

½ tsp freshly ground black pepper

1. Remove the pastry from the packaging and allow it to rest at room temperature.
2. Preheat the oven to 200°C/Gas Mark 6.
3. Thinly slice the potatoes to a thickness of about 3-4mm (0.1in) and boil or steam for around 8 minutes, or until just tender. Drain and leave to cool.
4. Unroll the pastry on a large, flat baking sheet and, with a sharp knife, score a boarder of about 1cm (0.4in). Don't allow your knife to go all the way through the pastry. Prick the pastry all over with a fork.
5. Place the potatoes on the pastry, staying within the border. Pull the thyme leaves from the stalk, then destone and roughly chop the olives. Scatter the thyme and olives over the potatoes. Carefully fold up the edges of the pastry and pinch the corners together. Sprinkle with sea salt and freshly ground black pepper.
6. Bake in the oven for 20-25 minutes, or until the pastry and potatoes are golden brown. Slice and serve.

TIP For the best results, use an 'all-round' potato, such as King Edward, which won't fall apart. I prefer to buy Kalamata olives with the stones in, which I remove myself as they taste so much better!

18.5g	8.7g	0.4g	1.3g	6g
Total fat	Saturates	Salt	Sugar	Protein



Gluten free quiche

By Julia Shannahan (www.FriFran.com)

Serves **4-6** | *Prep* **5 mins** | *Cook* **25 mins** | *Calories* **241** *(per serving)*

225g (2½ cups) gram flour
11 (4¼ cups) cold water
1 tsp fresh ginger, finely grated
1½ tsp ground cumin
½ tsp ground turmeric
1 tsp chilli powder
4 tbsp vegetable oil
¼ tsp asafoetida
5-6 curry leaves (optional)
1 tsp sea salt
1 tbsp lemon juice
handful fresh coriander
2 green chillies, minced

12g	2.1g	0.8g	5g	9.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. Sieve the gram flour into a large bowl. Slowly add the water a few tablespoons at a time. Stir as you do so. A whisk works well to break up any lumps.
2. In a cup, mix the ginger, cumin, chilli powder and turmeric. Add 60ml (¼ cup) water and mix well. Set aside.
3. Heat the oil in a large, heavy pan over a medium flame. If using the curry leaves, add them now and fry for about 1 minute. Add the asafoetida and fry for 30-60 seconds.
4. Add the spice mix and fry for about 1 minute. Add the flour mixture and bring to the boil, stirring all the time.
5. Turn the heat down to medium-low and keep stirring vigorously with a wooden spoon until the mixture changes texture and leaves the sides of the pan. This should take around 20 minutes.
6. Add the sea salt and lemon juice. Stir well. Taste the mixture – it should have taste cooked.
7. Transfer the mixture to a flan dish to set. Smooth the top with a spatula then sprinkle over the coriander and minced chillies, to taste. Add a final sprinkle of sea salt over the top and allow to cool.
8. To serve cut into squares or slices.

TIP You can also use this as a filling for a more traditional pastry quiche. Simply line a greased, oven-proof flan tin with ready-made vegan shortcrust pastry, prick several times with a fork and blind bake for around 10 minutes at 200°C/ Gas Mark 6, or as per the packet instructions. Add the filling and return to the oven for a further 20 minutes, or until the pastry is golden.

Chard, courgette and pea tart

By Julia Shannahan (www.FriFran.com)

Serves **4-6** | *Prep* **30 mins** | *Cook* **30 mins** | *Calories* **544** *(per serving)*

FOR THE PASTRY

200g (1⅔ cups) gluten-free plain flour

½ tbsp ground flaxseed

100g (½ cup) very cold vegan margarine, chopped into small cubes

½ tsp sea salt

3 tbsp very cold water

FOR THE FILLING

1 large courgette

60g (1 cup) garden peas, fresh or frozen

150g (4 cups) chard

1 tbsp vegetable oil

20g (6 tbsp) fresh dill

225g (2½ cups) gram flour

11 (4¼ cups) cold water

4 tbsp vegetable oil

¼ tsp asafoetida

1 tsp sea salt

1 tbsp lemon juice

1. Preheat the oven to 180°/Gas Mark 4 and line a 28cm (11in) fluted-edge oven-safe pastry tin with greasproof paper. Alternatively, you can make several smaller tarts.
2. Place the gluten free flour, flaxseed, margarine, and sea salt into a bowl. Using your fingertips, carefully rub the mixture until you have an even, sandy texture. You can also do this in a food processor.
3. Slowly add the very cold water, 1 tbsp at a time, until the mixture can be formed into a ball. This may take a little more or less than 3 tbsp depending upon the moisture present in the flour and flaxseed.
4. Place the dough on a sheet of cling film that's slightly larger than the tin you're using to bake the pastry. Take another sheet of cling film the same size place it over the top of the dough, then, using a rolling pin, roll it out evenly. The cling film will stop the dough from sticking and protect it too. Roll out slight larger than the pastry tin and to a thickness of approximately 3mm (0.1in).
5. To line the tin, peel off the top layer of cling film and place the pastry into the tin. The cling film is now on the top of the dough Leave the cling film on as you ease the pastry into the tin and smooth down. Don't worry if the pastry breaks at any point, just ease it back together through the cling film. Once happy with the way the tin if filled, you can peel off the cling film. If you don't want to bake your pie right away, you can freeze the pastry at this point
6. Blind bake the pastry in the oven for approximately 10-15 minutes. Once lightly golden and slightly crisp, remove from the oven and cool on a wire rack before filling.

TO MAKE THE FILLING

1. Grate the courgette, and separate the chard stalks from the leaves. Finely slice the chard.
2. Heat a frying pan with 1 tbsp oil. Add the courgette and chard and allow to wilt. Remove from the heat and set aside.
3. Finely chop the dill and mix with the courgette and chard mixture. Add the peas and mix well. Set aside.
4. Sieve the gram flour into a large bowl. Slowly add the water a few tablespoons at a time, stirring each time. A whisk works well to break up any lumps.
5. Heat the oil in a large, heavy pan over a medium flame. Add the asafoetida and fry for 30-60 seconds.
6. Add the flour mixture and bring to the boil, stirring all the time.
7. Turn down to a medium-low heat and keep stirring vigorously with a wooden spoon until the mixture changes texture and leaves the sides of the pan. This stage should take about 10 minutes.
8. Add the sea salt and lemon juice. Stir well. Taste the mixture – it should taste cooked.
9. Gently stir the chard mixture into the filling and carefully spoon it into the tart case(s).
10. Place the tart(s) back in the oven for 10 minutes. Allow to cool before removing from the tin(s). Serve with boiled new potatoes and a colourful side salad.

TIP Handle the pastry as little as possible; the more you handle it the tougher it becomes.

35.6g	7.4g	0.4g	2g	4.2g
Total fat	Saturates	Salt	Sugar	Protein



Gluten-free Sicilian pizza

By Julia Shannahan (www.FriFran.com)

Serves **8+** | *Prep* **20 mins** *plus rising* | *Cook* **20 mins** | *Calories* **223** *(per serving)*

FOR THE DOUGH

250ml (1 cup) unsweetened non-dairy milk

7g sachet dried yeast

2½ tsp sugar

400g (2¾ cups) gluten free bread flour, plus extra for dusting

1 tsp sea salt flakes

1 tbsp flaxseed

3 tbsp hot water

3 tbsp olive oil

½ tsp bicarbonate of soda

2 tsp cider vinegar

FOR THE TOMATO SAUCE

2 tbsp olive oil

¼ tsp asafoetida

½ tsp dried red chilli, or to taste

½ tsp dried oregano

400g can whole plum tomatoes in juice, or 500ml (2¼ cups) passata

pinch of sugar

FOR THE TOPPING

olive oil, for frying

2 medium aubergines

1 yellow pepper

2 tbsp capers in brine

60g green olives (around 14 olives)

20g (⅓ cup) fresh parsley

1. Warm the non-dairy milk in a small pan, or in the microwave until lukewarm. Place 50ml (¼ cup) of the milk into a jug with the yeast and sugar. Mix well. Set this aside for a few minutes until the mixture starts to bubble.
2. Place the flaxseed into a small bowl and add the water. Mix well and allow to stand for at least 5 minutes.
3. In a jug, combine the flax mixture, 3 tbsp olive oil and the remaining non-dairy milk. Sieve the gluten free bread flour and salt into a large bowl and make a well in the middle. Pour the flax mixture into the well along with the yeast mixture. Gently mix together with a fork until you have a smooth dough.
4. In a small cup, combine the bicarbonate of soda and vinegar, and quickly knead this into the dough.
5. Lightly oil two large, flat baking sheets. Cut the dough in half and roll out into two large rectangles approximately 1-2cm (½-1in) thick. Place the rolled-out dough onto the oiled baking sheets. Cover with a damp tea towel and leave to prove in a warm place for around 1 hour. The dough will double in size.

TO MAKE THE TOMATO SAUCE

1. While the dough is proving, warm the olive oil in a pan and add the asafoetida. Heat gently for 1 minute or so.
2. Add the dried oregano and chilli. Gently fry for 1-2 minutes.
3. Add the tin of tomatoes with juice (or the passata). Stir gently to mix, then simmer for approximately 45-50 minutes. The sauce will reduce and become thicker.
4. Take the tomato sauce off the heat. If you used plum tomatoes, use a hand blender to break down the tomatoes. Alternatively, you can do this by hand with a wooden spoon.
5. Add a pinch of sugar, stir well and allow to cool.

TO MAKE THE TOPPING

1. Cut the aubergine into thick slices.
2. In a large frying pan, add enough olive oil to fill the base by about 1cm (½in). Warm gently.
3. Once the oil is hot, add the slices of aubergine. Cook until they're golden brown on both sides and slightly softened.
4. Remove the aubergine slices from the pan and drain on kitchen paper.
5. Slice the peppers into long strips and add to the hot oil. Cook until lightly browned, then remove from the pan and drain on kitchen paper.

TO ASSEMBLE THE PIZZA

1. Preheat the oven to 220°C/Gas Mark 8.
2. Take the proved bases and smother on the cooled tomato sauce. Leave a border of around 2cm (1in).
3. Decorate the pizza bases with the aubergine, peppers, capers, olives and parsley. Finish with seasoning and a drizzle of olive oil.
4. Cook in the preheated oven for 10-12 minutes, or until golden and crisp.
5. Slice the Sicilian Pizza before serving.

TIP It's important not to heat the milk too much, otherwise it will be too hot for the yeast. Luke warm is ideal. These pizzas will keep well for a day or two after cooking. They can be eaten cold or reheated.

11.1g	1.5g	1g	9.4g	4.3g
Total fat	Saturates	Salt	Sugar	Protein





Purple sprouting broccoli and walnut tart

By Julia Shannahan (www.FriFran.com)

Serves **4-6** | *Prep* **30 mins** | *Cook* **30 mins** | *Calories* **521** *(per serving)*

FOR THE PASTRY

200g (1⅔ cups) plain gluten free flour

½ tbsp ground flaxseed

100g (½ cup) very cold vegan margarine, diced

½ tsp sea salt

3 tbsp very cold water

FOR THE FILLING

150g (2 cups) purple sprouting broccoli

60g (1 cup) frozen garden peas

50g (½ cup) toasted walnuts

1 tbsp vegetable oil

20g (⅓ cup) fresh parsley

225g (2½ cups) gram flour

11 (4¼ cups) cold water

4 tbsp vegetable oil

¼ tsp asafoetida

1 tsp sea salt

½ tsp black pepper

1 tbsp lemon juice

30.3g *Total fat* | **4.1g** *Saturates* | **0.4g** *Salt* | **5.4g** *Sugar* | **12.9g** *Protein*

TO MAKE THE PASTRY

1. Preheat the oven to 180°C/Gas Mark 4.
2. Place the flour, flaxseed, margarine, and salt into a large bowl and rub the mixture between your fingertips until you have an even, sandy texture.
3. Add the very cold water, a tablespoon at a time, until the mixture can be pressed together in a ball. This may take a little more or less than the 3 tbsp depending on the moisture present in the gluten free flour and flaxseed.
4. Split the dough as required. Place the dough on a sheet of cling film slightly larger than the tin you are using to bake the pastry. Take another sheet of cling film the same size, place it over the top of the dough and roll out evenly with a rolling pin. The cling film will stop the dough sticking and protect it too. Roll out to just larger than your baking tin and approximately 3mm (0.1in) thick.
5. To line the tin, peel off the top layer of cling film and flip the pastry into the tin. The cling film is now on the top of the pastry. Leave the cling film on as you ease the pastry into the tin and smooth it down. Don't worry if the pastry breaks at any point, just ease it back together through the cling film. Once you are happy with the position, peel off the cling film. You can freeze the pastry at this point
6. Blind bake in the oven for approximately 10-15 minutes. Once lightly golden and slightly crisp, remove from the oven and cool on a wire rack before filling.

TO MAKE THE FILLING

1. Wash the purple sprouting broccoli and trim it into small spears.
2. Heat a frying pan with 1 tbsp oil, add the broccoli and wilt. Remove from the heat and set aside.
3. Finely chop the parsley and mix with the broccoli. Add the peas, mix well. Set aside.
4. Sieve the gram flour into a large bowl. Slowly add the water a few tablespoons at a time, stirring as you go. A whisk works well to break up any lumps.
5. Heat the oil in a large, heavy pan over a medium flame. Add the asafoetida. and fry for 30-60 seconds.
6. Add the flour and water mixture and bring to the boil, stirring all the time.
7. Turn the heat down to medium-low and keep stirring vigorously with a wooden spoon until the mixture changes texture and leaves the sides of the pan. This should take about 10 minutes.
8. Add the sea salt, black pepper and lemon juice. Stir well. Taste the mixture – it should taste cooked.
9. Gently stir the broccoli and pea mixture, and the toasted walnuts into the chickpea base and carefully fill the baking tin(s)
10. Return to the oven for 10 minutes.
11. Allow to cool before removing from the tin(s) to serve.



Jackfruit tinga taco

By Rebecca Warner-Perry (www.gluteninterrupted.com)

Makes **24 tortillas** | *Prep* **20 mins** *plus rising* | *Cook* **1 hr 15 mins** | *Calories* **55** *(per tinga taco)*

FOR THE JACKFRUIT TINGA

1 tbsp coconut oil

1 small onion, peeled, diced

2x 400g tins jackfruit

2-3 chipotles in adobo, or 1 tbsp chipotle paste

4 garlic cloves, peeled

2x 400g tins tomatoes

1 tsp paprika

1 tsp sugar

1 tbsp tomato paste

handful of fresh coriander

salt and pepper, to taste

FOR THE TORTILLAS

150g (1 cup) masa harina

a pinch of salt

100ml (½ cup) cold water

1 tbsp olive oil

3 tsps food grade charcoal (optional)

2.1g	0.6g	0.2g	1.7g	1.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

TO MAKE THE TORTILLAS

1. Mix the masa harina and salt in a bowl. Add water and olive oil and mix until a smooth dough is achieved. If it's too sticky, add a little more masa harina, and if it's too dry, add a drop more water. For the charcoal tacos, add 3 tsps food grade charcoal to the mix.
2. Cover the bowl with a tea towel and leave to rest for 30 minutes.
3. Divide the dough into 24 balls. Using a tortilla press is the easiest way to get perfect tortillas, alternatively you can flatten the balls of dough with your hands or roll them between two layers of cling film. Flatten to approximately 3mm (0.1in) thick.
4. To cook the tortillas, use a dry pan turned up to a hot heat. Cook for approximately 1 minute on each side, or until lightly coloured. To get the puffiest tortillas, I like to dip the balls in water and shake them dry before pressing or flattening.

TO MAKE THE JACKFRUIT TINGA

1. Heat the coconut oil in a medium saucepan over medium heat.
2. Add the onions and sauté until golden, about 6-8 minutes. While this is cooking, shred the jackfruit, either using two forks or your hands.
3. Lower the heat slightly, then add the shredded jackfruit to the saucepan, stirring to coat.
4. Once the jackfruit begins to soften, remove from the heat and set aside.
5. Combine the chipotles, garlic, paprika, tomato paste and sugar in a blender or food processor and blend until smooth.
6. Pour the sauce over the jackfruit and onions, stirring to coat.
7. Cook on low, covered, for 45 minutes, stirring occasionally so the jackfruit absorbs the sauce and flavour. Then chuck in the coriander, cook for a further 30 minutes.
8. Season with a big pinch of salt and a grind of pepper. I like to serve mine with a heap of mango salsa and vegan guacamole.
9. The flavours develop over time, so make these day before, or make extra so you can enjoy breakfast tacos in the morning. The jackfruit tinga works exceptionally well with scrambled tofu and avocado.

TIP Masa harina is gluten free flour made from corn. If you can't find this, finely ground cornmeal has a similar texture.

Sesame-full quiche

By Dunja Gulin

Serves **4-6** | *Prep* **30 mins** *plus chilling* | *Cook* **50 mins** | *Calories* **733** *(per serving)*

1 onion, peeeled, chopped
2 garlic cloves, peeled, chopped
½ red pepper, deseeded and cubed
2 tbsp light sesame oil
1 vegetable stock cube
¼ tsp ground turmeric
½ tsp smoked paprika
½ tsp dried oregano
420g (2½ cups) silken tofu, crumbled
60g (¼ cup) tahini
60ml (¼ cup) soya, or oat-based cream
2 tbsp nutritional yeast
100g (1 cup) broccoli florets, steamed
2 tbsp each unhulled sesame seeds and black sesame seeds

FOR THE PASTRY

260g (2 cups) plain flour
90g (⅔ cup) cornflour
1 tsp baking powder
4 tbsp ice cold water
salt and ground black pepper, to taste
180g (1½ cups) vegan margarine
3 tbsp unhulled sesame seeds
1 tbsp rice or agave syrup

1 Preheat the oven to 180°C/Gas 4, and lightly grease a 30cm (12in) loose-bottomed flan tin.

TO MAKE THE PASTRY

1 Combine the flour, cornflour, baking powder and ¼ tsp salt in a food processor and pulse to mix.

2 Add the margarine and sesame seeds and pulse 6-8 times, or until the mixture resembles a coarse meal, with pea-sized pieces of margarine. Add the syrup and 2 tbsp water and pulse again a couple of times. Only if necessary, add more cold water, 1 tbsp at a time, pulsing until the mixture just begins to clump together. If you pinch some of the crumbly dough and it holds together, it's ready. If the dough doesn't hold together, add a little more water and pulse again. Be careful not to add too much water as this will make the pastry tough.

3 Place the dough in a mound on a clean surface. Work the dough just enough to form a ball; do not over-knead. Form a disc, wrap in cling film and refrigerate for at least 1 hour, or up to 2 days. If you're in a hurry, you can chill the dough in the freezer for about 20 minutes.

4 Roll the dough out between two pieces of baking paper about 3cm (1¼in) wider than the flan tin. Oil the tin. Using a rolling pin, transfer the dough over the tin and press in to cover the entire surface and the sides. Remove any excess dough by pressing it outwards with your fingers and patch up any holes with leftover dough.

5 Prick the base all over with a fork and bake in the preheated oven for 8-10 minutes, until just lightly puffed.

TO MAKE THE FILLING

1 Sauté the onion, garlic and red pepper in the sesame oil with a pinch of salt, until fragrant. Add the stock cube, spices and oregano and sauté again until the cube dissolves and the spices start to sizzle.

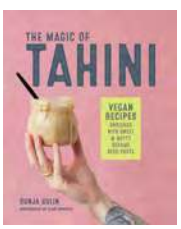
2 Add the crumbled tofu, tahini, cream, nutritional yeast (if using), broccoli and black pepper and stir well until combined. Taste and adjust the seasoning.

3 Spread evenly over the lightly baked crust. Sprinkle with both types of sesame seeds and bake in the oven for about 30 minutes.

4 Cool slightly, carefully remove the quiche from the tin and serve with a side salad. If you wish, drizzle each portion with a little sesame oil.

TIP Store leftovers loosely covered in the fridge for up to 2 days. Reheat until hot in the oven.

The recipe on this page is taken from *The Magic of Tahini* by Dunja Gulin, published by Ryland Peters & Small. (RRP £9.99.)



38.5g	7.6g	0.6g	7.1g	27.4g
Total fat	Saturates	Salt	Sugar	Protein





Leek and mushroom croquetas

By Rebecca Seal, Chantal Symons and John Vincent

Serves **4** | *Prep* **20 mins** *(plus chilling)* | *Cook* **40 mins** | *Calories* **434** *(per serving)*

1 tbsp olive oil, plus extra for frying

100g (1 cup) mushrooms, very finely diced

½ leek, very finely diced

½ tsp sweet smoked paprika (optional)

salt

4 tbsp vegan mayonnaise, mixed with 1 tsp sweet smoked paprika to serve

FOR THE BÉCHAMEL

475ml (2 cups) unsweetened plant milk

½ onion, peeled

10 black peppercorns

60ml (¼ cup) olive oil

60g (½ cup) plain flour

pinch of freshly grated nutmeg

generous pinch of salt

FOR THE COATING

3 tbsp unsweetened plant milk

3 tbsp plain flour, plus extra for dusting

50–75g (½-⅔ cup) panko breadcrumbs

TO MAKE THE BÉCHAMEL

1. Heat the milk with the onion and peppercorns in a pan over a low heat until warm, but don't allow to boil. Remove from the heat and allow to infuse for a few minutes.
2. Heat the oil in a heavy-based pan over a medium-low heat. Add the flour and cook, stirring, to form a paste, for 2 minutes. Gradually begin to add the warm, infused milk, using a ladle and stirring constantly. Don't rush this step as adding the milk too fast results in a lumpy béchamel. If this does happen, don't worry, just keep stirring until the lumps break down into the sauce. When all the milk has been added, the sauce should be silky smooth, thick and almost stretchy.
3. Add the nutmeg and salt, then cook for another 8 minutes, stirring regularly to prevent it sticking to the bottom of the pan. Don't rush this step, as the béchamel needs to be very thick in order for it to firm up enough to roll into balls and fry.
4. Meanwhile, heat 1 tbsp oil in a frying pan over a medium heat, add the vegetables and sauté until the mushrooms are just beginning to brown and the leek is softened, about 8 minutes.
5. When the béchamel is cooked, stir in the vegetables and sweet smoked paprika, if using. Taste and add more salt, if needed. Pour into a bowl, cover and allow to cool, then firm up in the fridge for at least 4 hours, but ideally overnight.

TO MAKE THE CROQUETAS

1. As long as the béchamel has set, you can breadcrumb the croquetas up to an hour before cooking.
2. Heat about 4cm (1½in) olive oil in a deep heavy-based pan over a medium heat to 180°C or until a cube of day-old bread browns in 30 seconds.
3. Remove the béchamel from the fridge. For the coating, pour the flour onto a plate, the milk into a bowl and the panko breadcrumbs on to another plate.
4. Flour your hands, then scoop enough of the cold béchamel to form a cylinder about 6cm (2in) long and 2cm (1in) wide. Pat it firmly into shape, then roll gently in the flour. Briefly dip it in the plant milk until covered but not soggy, then roll it in the breadcrumbs, ensuring the croqueta is well coated.
5. Fry the croqueta to check the oil is the right temperature. Using a slotted spoon, carefully lower it into the hot oil. Deep-fry for 3 minutes, or until the breadcrumbs are a rich, deep gold – you may need to nudge it over to ensure it browns evenly (if the breadcrumbs burn, the oil is too hot). Remove with tongs, allowing any excess oil to go back into the pan.
6. Drain on kitchen paper and keep warm while you prepare and cook the rest of the croquetas, cooking no more than three at a time.
7. Allow to cool for a couple of minutes before serving, as the insides will remain extremely hot. Serve with the sweet smoked paprika vegan mayo or aioli.

TIP Don't overcrowd the pan when you fry the croquetas as this will lower the temperature of the oil and make them soggy and greasy. Allow the oil to come back to 180°C for 1-2 minutes between batches. The croquetas can also be fried in a mixture of olive oil and neutral cooking oil, but not coconut oil.

Try frying 100g (⅓ cup) finely diced smoked tofu or smoky seitan, until crisp, then add it to the béchamel.

The recipe on this page is taken from *Leon Fast Vegan* by Rebecca Seal, Chantal Symons and John Vincent, photography by Steven Joyce, published by Conran Octopus. (RRP £25.)



30.4g	3.8g	0.5g	2.3g	9.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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Turn up the heat!

Spicy Weekend

Make meal times extra special with these fiery dishes!



Butternut squash with red lentils and tamarind

By Chetna Makan

Serves **4** | *Prep* **10 mins** | *Cook* **1hr 15 mins** | *Calories* **336** *(per serving)*

1 tbsp mustard, or rapeseed oil

1 tsp fenugreek seeds

1 tsp nigella seeds (kalonji)

2 onions, peeled, finely chopped

200g (1 cup) red lentils (massur dal)

1 tsp salt

1 tsp ground coriander

½ tsp chilli powder

1.2l (5 cups) boiling water

1 tbsp tamarind paste

1 tbsp grated jaggery, or brown sugar

2 tbsp coconut cream

handful of fresh coriander leaves, to garnish

FOR THE SQUASH

1 butternut squash, peeled and diced into 2½cm (1in) pieces

1 tsp nigella seeds (kalonji)

½ tsp dried red chilli flakes

½ tsp salt

1 tbsp sunflower oil

TO MAKE THE SQUASH

1. Preheat the oven to 180°C/Gas Mark 4. Spread out the diced squash on a baking tray and sprinkle over the nigella seeds, chilli flakes and salt. Drizzle with the oil and mix well. Roast for 40 minutes, until soft and lightly browned.

TO MAKE THE DAL

1. Heat the mustard or rapeseed oil in a large saucepan over a medium-low heat until it begins to smoke. Add the fenugreek and nigella seeds, and let them sizzle for 1-2 minutes, then add the onions and cook for 10 minutes, until softened.
2. Tip in the lentils, salt, ground coriander and chilli powder, and mix well. Pour in the measured boiling water and bring to the boil. Cover the pan with a lid and cook over a medium-low heat for 15 minutes or until the lentils are cooked.
3. Stir in the tamarind paste and grated jaggery, or sugar, then carefully mix in the butternut squash. Reduce the heat to low, cover the pan with a lid and simmer for 10 minutes, or until the dal has thickened.
4. Add the coconut cream and mix well. Take the pan off the heat and sprinkle over the coriander leaves, if using them.
5. Serve immediately.

10.2g	2.2g	2.2g	8.5g	15.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Red kidney bean curry

By Chetna Makan

Serves **4** | *Prep* **10 mins** *plus soaking* | *Cook* **40 mins** | *Calories* **405** *(per serving)*

400g (2 cups) dried red kidney beans (or use 2 x 400g tins of beans)

1.4 litres (5½ cups) water, for soaking

1½ tsp salt

600ml (2½ cups) boiling water

1 tbsp sunflower oil

1 tsp cumin seeds

1 large onion, peeled finely chopped

2 garlic cloves, peeled, finely chopped

1cm (½in) fresh ginger, peeled and chopped

2 tomatoes, finely chopped

1 tbsp ground coriander

1 tsp chilli powder

1 tsp garam masala

1 tsp ground turmeric

30g (1¾ cups) fresh coriander leaves, to garnish

1. If you're using dried beans, put them into a deep saucepan, add the measured soaking water and leave to soak overnight. The next day, add the salt and bring to the boil. Half-cover the pan with a lid and boil the beans for 1 hour. Add the measured boiling water, reduce the heat and simmer for another hour or until the beans are tender and cooked through. Set aside. Skip this step if you're using canned beans.
2. Heat the oil in a large saucepan over a medium-low heat. Once hot, add the cumin seeds and cook for 1-2 minutes, until they begin to sizzle. Stir in the onion and cook for 8-10 minutes, until golden brown. Now add the garlic and ginger, and cook for 2 minutes, then stir in the chopped tomatoes. Cover the pan with a lid and cook over a low heat for 10 minutes, or until the tomato has broken down somewhat.
3. Add the ground coriander, chilli powder, garam masala and ground turmeric to the saucepan. Mix well.
4. Add the kidney beans and give it all a good stir. Cover the pan with a lid and simmer over a low heat for 20-30 minutes, or until the sauce has thickened.
5. Sprinkle over the fresh coriander and serve immediately.

5.1g	0.6g	2.3g	5.5g	24.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*





Tadka dal

By Chetna Makan
Serves **4-6** | *Prep* **5 mins** |
Cook **40 mins** | *Calories* **259** *(per serving, without any toppings)*

300g (2 cups) pigeon peas (toor dal)
1½ tsp salt
1 tsp ground turmeric
1 litre (4¼ cups) water
400ml (1⅔ cups) boiling water
toppings of your choice

1. Place the pigeon peas, salt and turmeric into a deep saucepan with the measured water and bring to the boil. Reduce the heat to low, cover the pan with a lid and cook for 20 minutes, until there is very little liquid remaining in the pan.
2. Add the measured boiling water to the saucepan, then re-cover the pan and cook for another 20 minutes, or until the lentils are soft.
3. Pour the dal into a serving bowl and add your chosen topping, mixing it in slightly.
5. Serve immediately.

1.2g Total fat | **0.3g** Saturates | **1.5g** Salt | **0g** Sugar | **16.3g** Protein



Sichuan dan dan noodles

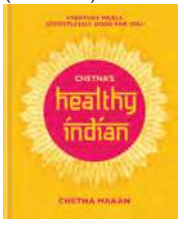
By Ken Hom for Lee Kum Kee (http://uk.lkk.com)
Serves **4** | *Prep* **15 mins** |
Cook **15 mins** | *Calories* **220** *(per serving)*

1 tbsp groundnut, or vegetable oil
110g (¾ cup, chopped) courgette, finely chopped
1 tbsp garlic, finely chopped
2 tsp fresh ginger, finely chopped
2 tbsp Shaoxing rice wine, or dry vegan sherry
2 tbsp chilli garlic sauce
2 tsp chiu chow chilli oil
1 tbsp peanut butter
1 tbsp dark soy sauce
1 tbsp sugar
450ml (1¾ cups) vegetarian stock
225g packet whole wheat noodles

1. Heat a wok or large frying pan over a high heat and add the oil.
2. Add the courgette, garlic and ginger, and stir-fry for 1 minute. Add the rest of the ingredients. Reduce the heat and simmer for 3 minutes over a low heat.
3. Cook the noodles in a large pot of boiling water according to the pack instructions.
4. Drain the noodles well in a colander. Divide into individual bowls and ladle the sauce over them. Serve at once.

7.4g Total fat | **1.1g** Saturates | **1.7g** Salt | **8.1g** Sugar | **6.1g** Protein

The recipes on pages 34-35 and the tadka dal on this page are taken from *Chetna's Healthy Indian* by Chetna Makan, photography by Nassima Rothacker, published by Mitchell Beazley. (RRP £20.)





Thai tofu curry

By James Wythe (www.healthylivingjames.co.uk)

Serves **4** | *Prep* **5 mins** | *Cook* **15 mins** | *Calories* **755** *(per serving)*

olive or coconut oil, to fry
1 red onion, peeled, sliced
2 garlic cloves, peeled, crushed
thumb-sized piece of ginger, finely chopped
1 lemongrass stalk
1 tsp ground coriander
½ tsp paprika
½ tsp cayenne pepper
1 red chilli, deseeded and chopped
400g (1⅔ cups) firm tofu, pressed and chopped into chunks
1 red pepper, roughly chopped
1 head of broccoli
400g tin chickpeas, drained and rinsed (1 cup, drained)
2x 400ml tins (3⅓ cups) coconut milk
1 tbsp tamari
handful fresh basil
handful mangetout
handful spinach

1. Prepare the lemongrass by chopping the ends off, bashing with the side of your knife and then slicing down the middle from top to bottom. This releases all the flavour.
2. Heat a little olive or coconut oil in a pan, and add the onion, garlic, ginger, spices, red chilli and prepared lemongrass. Fry everything together for a couple of minutes.
3. Add the chopped tofu, broccoli and pepper, then fry for 1 minute.
4. Add the chickpeas, coconut milk and tamari and stir. Allow the mixture to cook over a medium heat for around 8-10 minutes
5. Finally add the basil, mangetout and spinach. Allow it to wilt down. Remove the lemongrass stalk, then serve.

TIP Serve with brown rice, quinoa, or on its own in a bowl.

53.8g	39.2g	0.8g	10.4g	26.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Salt 'n' pepper tofu and pineapple stir-fry

By Rebecca Seal, Chantal Symons and John Vincent

Serves **2-4** | *Prep* **25 mins** | *Cook* **40 mins** | *Calories* **594** *(per serving, without rice)*

FOR THE TOFU

280g (1 1/8 cups) extra-firm tofu

1 tsp Sichuan peppercorns

4 tbsp potato starch

2 tsp salt

2 tsp freshly ground black pepper

2 tsp garlic powder

2 tbsp neutral cooking oil, plus extra for greasing

6 spring onions, cut at an angle into 4cm (1½in) pieces

1 red chilli, deseeded and thinly sliced into half-moons

1 red pepper, cut into 2cm (1in) chunks

FOR THE STIR-FRY

260g tin of pineapple cubes in pineapple juice

1 tbsp cornflour

3 tbsp tamari soy sauce

2 tbsp vegan rice wine

1 tbsp vegan rice vinegar

1 tsp Chinese five-spice

2 tbsp refined coconut oil, or neutral cooking oil

200g (1½ cups) cashew nuts

3cm (1in) piece of ginger, peeled and cut into thin julienne strips

5 cloves of garlic, very thinly sliced

1 green pepper, thinly sliced

125g (1 cup) baby corn, thinly sliced on an angle

100g (1½ cups, shredded) bok choi, choi sum, or chinese leaf, shredded

a handful of fresh coriander, leaves roughly chopped

steamed rice (allow 60g (1/3 cup) uncooked rice per person), to serve

1. Preheat the oven to 200°C/ Gas Mark 6. Slice the tofu in half widthways, then into 2cm (1in) cubes. Using a clean tea towel or kitchen paper, squeeze the liquid from the tofu, then pat dry as much as possible.
2. Grind the Sichuan pepper, then stir together with the potato starch, salt, pepper and garlic powder. Add the tofu and toss to coat well. Tip onto a greased baking tray and spread out in a single layer.
3. Bake for 20 minutes, then add the spring onions, chilli and red pepper. Toss in the oil and cook for another 20 minutes, until golden and crispy.
4. While the tofu is baking, drain the pineapple, reserving the juice. Keep the pineapple separate.
5. Whisk the cornflour with 1 tbsp soy sauce until smooth. Stir in the reserved pineapple juice, the rest of the soy sauce, the rice wine, rice vinegar and five-spice. Set aside.
6. Heat the oil in a large wok over a high heat until very hot. Add the cashews and cook, tossing, for 1 minute.
7. Add the ginger and garlic, and stir-fry for a few seconds. Then add the green pepper, baby corn and leafy greens. Gently stir-fry for 2 minutes, until the vegetables start to soften.
8. Add the reserved pineapple, the baked tofu and vegetables, and stir to combine, then add the soy sauce mixture. Cook, stirring gently, for 1-2 minutes, until the sauce thickens.
9. Stir through the coriander and serve immediately with steamed rice.

37.1g	4.7g	4.5g	18.4g	19.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

The recipes on pages 38-41 are taken from *Leon Fast Vegan* by Rebecca Seal, Chantal Symons and John Vincent, photography by Steven Joyce, published by Conran Octopus, (RRP £25.)







Satay tofu with pineapple salsa

By Rebecca Seal, Chantal Symons and John Vincent

Serves **4** | *Prep* **25 mins** *plus marinating* | *Cook* **40 mins** | *Calories* **567** *(per serving, without rice)*

FOR THE TOFU

300g (1¼ cup) firm tofu

1 tsp ground coriander

½ tsp ground turmeric

1 tbsp tamari soy sauce

3 cloves garlic, peeled, minced

2 tsp neutral cooking oil (or refined coconut oil, melted), plus extra for greasing

steamed rice, to serve (allow 60g, or ⅓ cup, uncooked rice per person)

FOR THE SATAY SAUCE

2 tbsp refined, or extra-virgin coconut oil

4 shallots, peeled, finely diced

8 cloves of garlic, peeled, finely chopped

1 red chilli, deseeded

3cm (1in) piece of fresh ginger, peeled and finely chopped

1 tbsp ground coriander

1 tsp ground turmeric

400ml (1¾ cups) coconut milk

60ml (¼ cup) tamari soy sauce

2 tbsp palm sugar, or soft brown sugar

2 stalks of lemongrass, bashed to bruise

1 fresh kaffir lime leaf

150g (½ cup) crunchy peanut butter

FOR THE PINEAPPLE SALSA

½ cucumber, peeled and diced

1 red chilli, deseeded and thinly sliced

1 small pineapple, diced

1 large white onion, peeled, diced

a large handful of fresh coriander, roughly chopped

1 unwaxed lime, zest and juice only

salt, to taste

TO MAKE THE TOFU

1. Slice the tofu into four equal-sized steaks. In a shallow dish, mix the ground spices, soy sauce, garlic and 2 tsp oil together. Add the tofu steaks and allow to marinate for 30 minutes.

TO MAKE THE SATAY SAUCE

1. Heat 2 tbsp oil in a pan over a medium-high heat. Once hot, add the shallots, garlic, chilli and ginger. Fry, stirring occasionally, for 5 minutes, then add the ground spices, stir and cook for 1 minute.
2. Add the coconut milk, soy sauce, sugar, lemongrass and kaffir lime leaf and simmer for 20 minutes, until reduced by half. Stir in the peanut butter and continue to simmer for another 10 minutes.
3. Meanwhile, preheat the oven to 200°C/Gas Mark 6.
4. Place the tofu steaks on a greased baking sheet and bake for 20 minutes, turning once around halfway through.
5. If you want a really smooth sauce, remove the lemongrass and lime leaf from the satay and blend the sauce in a blender (or use a stick blender) until smooth. Work in batches if your blender can't cope with hot liquids.

TO MAKE THE SALSA

1. In a bowl, mix all the salsa ingredients together.
2. Serve the baked tofu on steamed rice, with the satay sauce and pineapple salsa.

41.9g	21.5g	2g	14g	19.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Red Thai aubergine and chickpea curry

By Mindful Chef (www.mindfulchef.com)

Serves **2** | *Prep* **15 mins** | *Cook* **50 mins** | *Calories* **620** *(per serving)*

240g (1 cup) cooked or canned chickpeas, drained
700ml (3 cups) boiling water, divided
80g (¾ cup) green beans
1 aubergine
1 unwaxed lime
2 tbsp red Thai curry paste
2 tomatoes
2 tsp desiccated coconut
4cm (1½in) fresh ginger
30g (2 tbsp) creamed coconut
100g (⅔ cup) black rice
sea salt and black pepper
coconut oil, or olive oil for frying

1. Rinse the black rice and place in a saucepan with 500ml (2⅛ cups) boiling water and a pinch of sea salt. Allow to simmer for 25-30 minutes, or until cooked.
2. Peel and finely chop or grate the ginger. Cut the aubergine into 2cm (0.8in) pieces and roughly chop the tomatoes. Trim the green beans and slice in half widthways.
3. Drain the chickpeas. Dissolve the creamed coconut in a jug with 200ml (¾ cup) boiling water.
4. Heat a large pan with 2 tsp oil on a medium heat, fry the aubergine for 5 minutes, then stir in the ginger and the red Thai curry paste. Cook for a further 2 minutes until the aubergine has softened. Add the creamed coconut, chickpeas and tomatoes and simmer for 10 minutes until the sauce has thickened. Season with a pinch of sea salt.
5. Heat a frying pan with 1 tsp oil on a medium heat and add the green beans, cook for 5 minutes, turning frequently. Then add the desiccated coconut and cook for a further 2 minutes.
6. Drain the black rice.
7. Serve the red Thai aubergine and chickpea curry on two warm plates alongside the black rice and the coconut green beans. Squeeze over the juice from the lime, to taste.

31.1g	8.9g	1.6g	21.6g	13.9g
Total fat	Saturates	Salt	Sugar	Protein



Quick veggie dahl

By James Wong

Serves **4** | *Prep* **5 mins** | *Cook* **20 mins** | *Calories* **396** *(per serving)*

320g (1¼ cups) yellow mung dhal or other yellow lentils, rinsed

1 tbsp extra-virgin olive oil

400g (2½ cups) diced red onions

2 tsp cumin seeds

4 garlic cloves, peeled, minced

320g (1¾ cups, chopped) tomatoes, chopped

2 tsp turmeric

2 vegetable stock cubes, crumbled

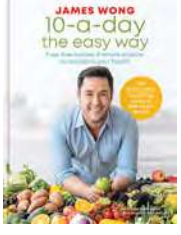
400ml (1⅔ cups) boiling water

200g (6⅔ cups) baby spinach leaves

pepper

1. Pop the rinsed lentils into a large saucepan, pour over boiling water to cover 1cm (½in) above the lentils and bring to the boil. Boil rapidly for 1 minute. Skim off any scum with a spoon, then cover, reduce to a simmer and cook for 15 minutes, or according to the packet.
2. Drain, then tip the lentils into a large bowl and set aside.
3. Heat the olive oil in the lentil pan over a medium heat, add the diced onions and cumin seeds and fry for a few minutes until the onions begin to brown.
4. Add the drained lentils with all the remaining ingredients except the spinach, bring to a simmer and cook for 1 minute. Stir well.
5. Take off the heat and stir in the spinach until the leaves start to wilt. Season with a little pepper and serve.

TIP Use any kind of tomato, but the redder the better – I like small plum tomatoes.



The recipe on this page is taken from *10-A-Day The Easy Way* by James Wong, published by Mitchell Beazley (RRP £20.)

5.1g	0.7g	0.1g	9.9g	24.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

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CAN I AFFORD TO BE ETHICAL?

Your way of life doesn't have to be expensive if you want to be ethical too, as Clea Grady explains...



One of the things said most often about ethical living is that it's expensive. Mainstream media especially likes to peddle this myth and it's something that prevents many people from trying to make any ethical changes at all.

But – like anything in life – if you have the ability, then any lifestyle choice can be expensive. It's possible to spend a lot of money on pretty things from sustainable sources, eat at high-end, plant-based restaurants and purchase posh pre-prepared, healthy food. But that's not my reality. I've worked in the non-profit/charity sector since 2014 and now run my own ethical business, so money is not something I can part with without consideration. I know from experience therefore that it's possible to live fairly frugally without turning your back on your ethics. And perhaps it's just as important to note that in doing so, I don't feel like I go without either.

It's a myth that ethical living has to also be expensive living

Nobody's perfect

Before I get into the nitty gritty of how ethical living can be affordable, I want to clarify something... Just as being vegan is not about being 100% perfect, neither is living as ethically as you can. There is a lot in this world that is out of our direct control, so my focus is on the things I do have power over. It's about making more ethical choices or choosing the most ethical path available to you. It does not mean that you float around on a cloud of purity, casting sidelong glances at anyone who hasn't done exactly the same. I firmly believe that if we make something so absolute it becomes unattainable, then it will never happen at all. This article won't solve all the world's problems, sadly, but it will give you some tips for better living. If more of us make more ethical choices and demonstrate to those in positions of power that we'll choose the more sustainable option wherever we can, then we will eventually reach a tipping point.

Change is brought about when more people do something, not when a few people do everything, so don't beat yourself up if you're not living very ethically right now. Instead, think about whether you can make a more ethical choice next time. Replacing items in your cupboards as they run out, for example (rather than scrapping everything and starting all over again), is a lot less daunting. And it's definitely the cheaper option.

So where to start? Well, food is the most obvious and I have written an article on cooking vegan on a budget before (just use the search on the *Vegan Food & Living* website), so I'll try not to repeat myself too much.



CLEA GRADY

Vegetarian since she was 12 years old, Clea has been vegan since 2014 and loves inspiring and supporting others to live a cruelty-free life. With a fondness for bread making, running, wine and rescuing animals, she also runs her own bespoke marketing and PR agency, Chips and Grady (chipsandgrady.co.uk).

Use a local veg box delivery service

One of my top tips would be using a local veg box delivery service, with extra emphasis on the local. Local grocers are more generous than the big name box companies. They get to know you and your ordering style, and will often chuck in some freebies. They're better value for money than most supermarkets, with typically fresher produce and less plastic. From an ethical shopping standpoint, you're also boosting the local economy and supporting an independent retailer, so it really is an all-round win/win. If choosing to shop at supermarkets, you can also choose to support one that takes a more ethical stance. We like the Co-op and will walk the extra 10 minutes if nipping out to grab essentials or a bottle of wine. Their labelling is good for vegans and their own-brand products are typically cruelty-free and vegan friendly (think laundry liquid and toothpaste). They also offer a really good loyalty programme and you're frequently rewarded with money off when you buy a lot of their own-brand items.



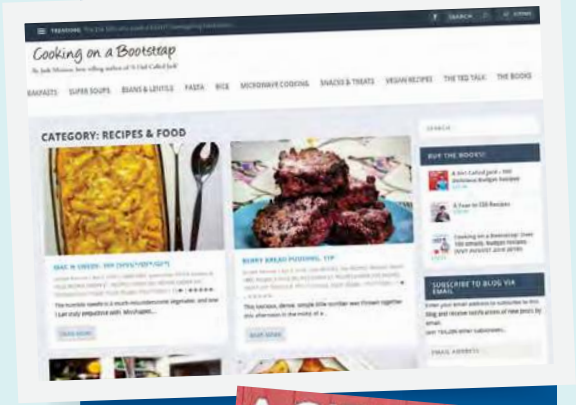
Make soups that are meals

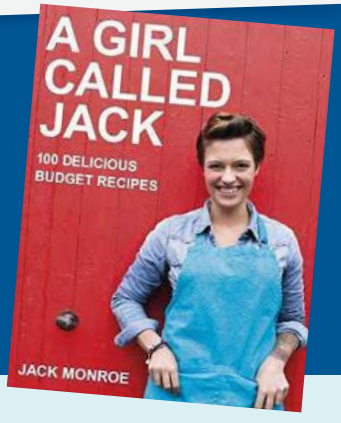
I cannot tell you how many soups I make! They're such nourishing, affordable and filling dinners. My soups are probably better described as stews, made hearty with tins of different beans, a good base of onion, garlic, carrot and celery and bulked out with grains like bulgur wheat. Great in the colder months, the classic comfort food and excellent for lunch the next day as well, my soups become more staple the closer I get to pay day. As long as I have a tin of tomatoes or some veggie stock, then I can make a soup.



Follow Jack Monroe

Jack went vegan a few years ago and the Instagram and blog are filled to the brim with the most amazing recipes. What's more, they're cheap! Jack has built a reputation on creating meals that are affordable and breaks them down into a cost per head. Most of the vegan recipes on the website are under 50p per person (extraordinary, right?) and are made up from ingredients that should be readily available to you. You really can't afford to not have it in your life. Check out cookingonabootstrap.com for more.





Consider making your own bread

I've not bought a pre-sliced supermarket bread in over a year and I don't believe I ever will again. After the labelling laws changed, I was shocked to see how pretty much every standard loaf of bread contained palm oil. Unless certified from a

Avoid palm oil and bake your own bread

sustainable source, then palm oil is about as far from ethical as you can get, so when it looked as though I couldn't avoid it in bread I decided to start making my own. It also works out cheaper and you can get some great organic flours that are not crazily priced. I've included my fail-safe bread recipe at the end of this article – passed to me by a friend, I'm paying it forward to you.

Buy your toiletries from Superdrug

I will forever be indebted to the friend who casually mentioned that Superdrug was great for cruelty-free options, because it really has revolutionised my life. After going vegan I really struggled to find good shampoo and conditioner, moisturiser, deodorant, toothpaste and sun creams that were cruelty-free. I ended up spending a small fortune ordering various things online and getting them shipped halfway across the world, only to find out that I was allergic or struggled to afford them long-term. Cue Superdrug! Almost all their own-brand products are vegan and cruelty-free, so you can get everything you need in one sweep. They often have 2-4-1 deals, offer a great loyalty scheme and their products are clearly labelled. Plus, I have always found their staff to be well-informed, so if you're feeling a bit lost, just ask someone.





Charity shop!

If that old Primark keeps getting you down, then do the opposite and buy from a charity shop. Over the last nine months, every item of clothing I have purchased has been from a charity shop and it has been an utter revelation. I know I'm not the first to discover the wonders of charity shopping (in fact, I'm positively shame-faced that it's taken me so long to fully embrace it), but I am now an out-and-out convert. Why spend £40 on one item of clothing when you can spend £24 on eight? The dress I'm wearing in my author photo? It cost me £9. One woman's trash really is another's treasure!



Swap meets with mates.

This is possibly my favourite tip of them all, because with a couple of bottles of wine it can turn into a brilliant evening's entertainment. We all own things we don't use, wear, read, listen to, or want, so why have them just sitting around collecting dust? Hosting a swap meet declutters your home, scores you new stuff and makes a cheap night out all at the same time. I'd call that a win.

Easy peasy bread (with special thanks to Esme)

- 285g (10oz) flour (I prefer a granary or one with seeds and grains mixed in)
- 1 tsp salt
- 1 heaped tsp fast-acting yeast
- 230ml (8fl oz) warm water

In a large bowl, add the flour, salt and yeast and mix thoroughly. Make a well in the middle and add the water and stir. Add more water a tiny bit at a time if your mixture is too dry, or use excess flour when kneading if too wet. Knead for a good 10 minutes and place in a warmish spot, in a floured bowl and covered with a clean tea towel. (I put mine beside the hob when I'm cooking). Leave to prove for 2 hours. Punch out the air and shape into a loaf and leave to prove in a floured tin for another 45 minutes. Pop into a preheated oven for 30 minutes or a cool one for 35 minutes, at 200°C/ Gas Mark 6. Remove from the oven and tap on the base – if it sounds hollow it's ready, if not, then pop back in for another 5 minutes or until you get a hollow sound. Delicious warm with Marmite or houmous and great for toast and sandwiches!





Reuse

Reusing what we've already got is a habit much lost from our generation. Recycling has come to mean washing out containers and chucking them in a box for collection every week, but we can do much, much more. Obviously this is easier if you're crafty or artistic and not everything needs to be gorgeous or decorative either. Simply ask yourself "Can this have a second life?" before you throw something out and you'll be surprised at what a difference this can make. Flowers definitely look better in jam jars than posh vases if you ask me. And, if you do fancy a bit of DIY craftiness, then the internet is full of videos and ideas on how to turn packing crates into tables and old towels into dog toys, so get searching.

Don't just recycle it, upcycle it, and make use of it again in your own home

Fresh and tasty

Midweek RECIPES

Liven up your midweek meals with these flavoursome dishes!





Bean, lime and coconut ramen

by Heather Whinney

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins** | *Calories* **539** *(per serving)*

FOR THE BASE

1.75 litres (7 cups) vegan kombu dashi, or vegetable stock

300ml (1¼ cups) coconut milk

400g vegan ramen noodles

FOR THE TARE

30ml (2 tbsp) dark soy sauce

15ml (1 tbsp) mirin

juice of ½ lime

pinch of sugar (optional)

FOR THE BEANS

300g (2¾ cups) fine green beans

300g (2 cups) edamame soya beans, defrosted if frozen

FOR THE TOPPINGS

300g (1⅛ cups) sweetcorn

large handful of beansprouts

large handful of fresh coriander

TO SERVE

lime wedges,

pinch of Japanese chilli, or Japanese pepper

26.3g	17g	1.8g	13g	22.3g
Total fat	Saturates	Salt	Sugar	Protein

1. Place the stock in a large pan. Mix together the tare ingredients, add to the stock along with the coconut milk and bring to the boil. Reduce to a simmer, cook for 10-15 minutes, then taste and add more seasoning if necessary.
2. Meanwhile, put the green beans in a large pan of boiling salted water and cook for about 4 minutes, until just tender but retaining some bite. Remove to a dish with a slotted spoon and set aside. Add the soya beans to the boiling water and cook for 2-3 minutes, then remove with a slotted spoon and put them with the green beans. Warm the sweetcorn in the water too for 1 minute, remove and drain.
3. Add the noodles to the boiling water and cook for 2-3 minutes, or as per the packet instructions, until cooked. Remove with a slotted spoon and divide between the serving bowls.
4. Ladle over the hot broth and top with green beans, soya beans, corn and beansprouts. Add the fresh coriander, lime wedges and a sprinkling of Japanese chilli or pepper to serve.

TIP If you choose to use a low-fat coconut milk, be careful as it will be more prone to splitting.



The recipes on pages 50-52 are taken from *Ramen: 50 Classic Ramen And Asian Noodle Soups* by Heather Whinney, published by Lorenz Books. (RRP £10.)

Teriyaki tofu and spinach ramen

by Heather Whinney

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins** | *Calories* **384** *(per serving)*

FOR THE BASE

1.75 litres (7 cups) vegan kombu dashi, or vegetable stock

400g vegan ramen noodles

FOR THE TARE

30ml (2 tbsp) light soy sauce

15ml (1 tbsp) mirin

15ml (1 tbsp) rice vinegar

5cm (2in) piece of fresh root ginger, peeled and grated

FOR THE TOFU

600g (2⅓ cups) tofu, sliced into strips

60-75ml (4-5 tbsp) vegan teriyaki sauce

60ml (4 tbsp) sesame oil

salt and ground black pepper, to taste

FOR THE TOPPINGS

200g (6⅔ cups) spinach

2 red peppers, seeded and chopped into strips

2-3 spring onions, green parts only, finely sliced

sriracha hot chilli sauce, to serve

TO MAKE THE TOFU

1. In a bowl, mix together the teriyaki sauce with 15ml (1 tbsp) sesame oil and season with salt and pepper. Add the tofu and gently turn to coat.
2. Heat a little of the remaining sesame oil in a wok or frying pan and, when hot, add a few pieces of tofu at time. Cook until golden, then turn and cook the other side. Transfer to a plate and repeat the process with the rest of the tofu, adding more oil as required. Put to one side.

TO MAKE THE TAR

1. Put the stock in a large pan. Mix together the tare ingredients, add to the stock and bring to a boil. Reduce to a simmer, cook for 10 minutes, then taste. You may need to add more soy sauce, if necessary.
2. Put the noodles in a pan of boiling water and cook for 2-3 minutes, or according to the packet instructions. Remove with a slotted spoon and divide between the serving bowls.
3. Ladle over the hot stock and top with the tofu and spinach, pushing it into the stock so it starts to wilt. Add the pepper slices, spring onions and a drizzle of sriracha sauce, if liked, to serve.

21.3g	3.3g	3.5g	9.3g	20.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Asparagus, mixed sea vegetable and tofu ramen

by Heather Whinney

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins** | *Calories* **363** *(per serving)*

FOR THE BASE

1.75 litres (7 cups) vegan kombu dashi stock, or vegetable stock

400g vegan ramen noodles

FOR THE TARE

300ml (1¼ cups) soya milk

30ml (2 tbsp) light soy sauce

15ml (1 tbsp) mirin

salt and ground black pepper, to taste

FOR THE TOFU AND ASPARAGUS

400g (1⅔ cups) firm tofu, cubed

5ml (1 tsp) dark soy sauce

30ml (2 tbsp) sesame oil

400g (3 cups) fine asparagus spears, trimmed

FOR THE TOPPINGS

10g (2 tbsp) wakame, soaked in water

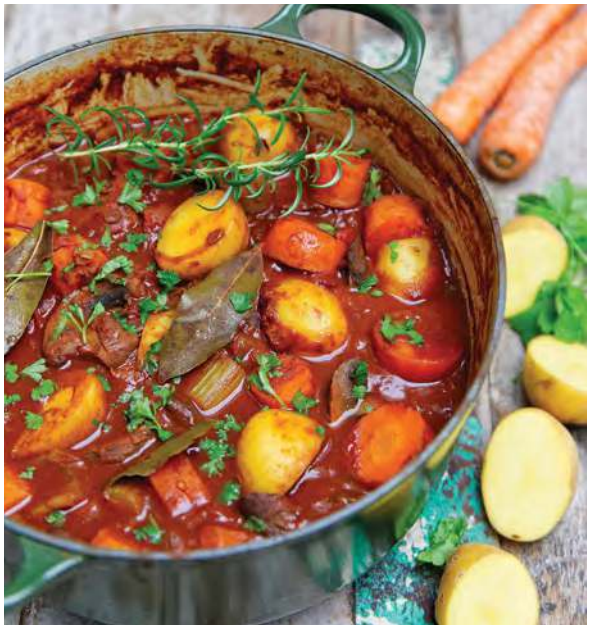
2 sheets of nori, broken into pieces

2-3 spring onions, green parts only, finely chopped

10g (2 tsp) black sesame seeds

1. Put the stock in a large pan. Mix together the tare ingredients, add to the stock and bring to the boil. Reduce to a simmer, cook for 15 minutes, then taste and add more seasoning if necessary.
2. Meanwhile, prepare the tofu. Put the tofu in a bowl and toss it in the soy sauce. Heat a little of the sesame oil in a wok or frying pan and, when hot, add a few pieces of tofu at time. Cook until golden, then turn and cook the other side. Transfer to a plate and repeat the process with the rest of the tofu, adding a little more oil as required. Put the cooked tofu to one side.
3. Heat a griddle pan to hot. Toss the asparagus with the remaining 15ml (1 tbsp) sesame oil and add to the hot pan – you may need to add the spears in batches. Cook for a few minutes, or until charred lines appear, then turn and cook the other side. Put to one side.
4. Put the noodles in a pan of boiling water and cook for 2-3 minutes, or according to packet instructions. Once cooked, remove with a slotted spoon and divide them up between the serving bowls.
5. Ladle over the stock, then top with tofu and asparagus. Drain the wakame and divide it up between the bowls, then add the nori and spring onions and sprinkle with the black sesame seeds to serve.

15.6g	1.9g	3.7g	6.5g	21.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Hearty potato stew

By James Wythe (www.healthylivingjames.co.uk)
Serves **5** | *Prep* **5 mins** | *Cook* **40 mins** | *Calories* **241** *(per serving)*

3 large garlic cloves, peeled, crushed

1 red onion, peeled, diced

350g (3⅔ cups) mushrooms, chopped

60ml (¼ cup) tamari

4 carrots, peeled, chopped

3 celery stalks, chopped

500g (2¼ cups, halved) baby potatoes, halved

400g can green lentils, drained and rinsed (265g drained, 1⅓ cups)

1 rosemary sprig, finely chopped

3 bay leaves

2x 400g tins (3⅓ cups) tomatoes

300ml (1¼ cups) vegetable stock

2 tbsp cacao powder

1. Heat a large pan with olive oil. Add the garlic, onion, mushrooms and tamari. Stir and cook down for 5 minutes.
2. Add the carrots, celery, potatoes, lentils, rosemary, bay leaves, tomatoes and vegetable stock, then stir.
3. Add the cacao powder and stir again until well mixed.
4. Place a lid on the pan and simmer for 30 minutes.
5. Serve with brown rice or quinoa and top with fresh parsley (optional).

TIP You can store this stew in a sealed container in the fridge for a couple days, or freeze it to enjoy another time.

2.2g	1g	3g	11.1g	13.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Roasted red pepper and millet dip

By Quelcy Kogel
Makes **2** *cups* | *Prep* **10 mins** |
Cook **5 mins** | *Calories* **96** *(per serving, without accompaniments)*

15ml (1 tbsp) avocado oil

6 large garlic cloves, peeled, coarsely chopped

170g (1 cup) cooked millet

170g (1 cup) chopped roasted red peppers

38g (¼ cup) nutritional yeast

1 tsp smoked paprika

76g (½ cup) chopped sun-dried tomatoes, drained

sea salt and black pepper

TO SERVE

drizzle of oil

roasted chickpeas, or toasted sorghum

fresh herbs, to garnish

grilled vegetables, for dipping

1. Heat the oil in a small saucepan over a medium heat. Add the garlic and sauté until lightly browned and fragrant. Remove from the heat.
2. Strain the garlic from any remaining oil, and transfer to a food processor or blender.
3. Add the cooked millet, chopped roasted red pepper, nutritional yeast and smoked paprika, and pulse until the ingredients are combined.
4. Add the chopped sun-dried tomatoes, and pulse until well mixed but some chunks remain. Season generously with sea salt and black pepper and serve with grilled vegetables.

TIP Nutritional yeast is a terrible sounding name for a naturally derived, nutrient-dense flake that tastes like parmesan cheese. It's sometimes referred to as 'nooch'.

3.7g	0.9g	0.3g	0.9g	5.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

The recipe on page 54 and the roasted red pepper dip on this page are taken from *The Gluten-Free Grains Cookbook* by Quelcy Kogel, photography by Noah Purdy, published by Page Street Publishing Co. (RRP £15.99.)





Gaucho grain bowl

By Quelcy Kogel

Serves **4-6** | *Prep* **10 mins** | *Cook* **30 mins** | *Calories* **444** *(per serving)*

FOR THE ROASTED VEGETABLES

45ml (3 tbsp) avocado oil, divided

277g (approximately 4) portobello mushrooms

1 large aubergine, sliced into rings, then quartered

1 red pepper, chopped

1 head of garlic, peeled, chopped

1 tsp smoked paprika

2 unwaxed lemons, zest only

2-3 sprigs fresh oregano

1 tsp liquid smoke

salt and pepper, to taste

FOR THE CHIMICHURRI SAUCE

120ml (½ cup) red wine vinegar

1 tsp sea salt

3-4 cloves garlic, minced

1 shallot, peeled, finely chopped

1 jalapeño, seeded and finely chopped

20g (½ cup) chopped fresh coriander

20g (½ cup) chopped fresh flat leaf parsley

6g (2 tbsp) finely chopped fresh oregano

7g (2 tsp) crushed red chillis

8g (1 tbsp) capers

117ml (¾ cup) extra-virgin olive oil

75g (½ cup) sun-dried tomatoes, chopped

TO SERVE

644g (4 cups) cooked black rice, or wild rice

toasted walnuts, chopped

fresh herbs, such as oregano or basil

TO MAKE THE ROASTED VEGETABLES

1. Preheat the oven to 200°C/ Gas Mark 6.
2. Drizzle a baking tray with 1 tbsp avocado oil. Arrange the vegetables and garlic in an even layer on the tray. Sprinkle over the smoked paprika, lemon zest and fresh oregano.
3. Combine the remaining oil and liquid smoke in a small bowl, then pour evenly over the tray. Season with salt and pepper to taste. Roast for 25-30 minutes, to your desired crispness. Meanwhile, prepare the chimichurri so the flavours have time to infuse the oil before serving.

TO MAKE THE CHIMICHURRI SAUCE

1. Mix all the ingredients together in a bowl. The crushed red pepper adds a little heat; if you want less spice, decrease or skip it.

TO SERVE

1. Combine the rice, roasted veggies and a heaped spoonful (or two!) of chimichurri in a bowl. Sprinkle with the toasted walnuts, garnish with fresh herbs and enjoy!

TIP To waste less and gain more flavour when making the chimichurri, buy sun-dried tomatoes in extra virgin olive oil, and use as much of that oil as possible for the sauce.

29g	3.9g	1g	4.4g	9.5g
Total fat	Saturates	Salt	Sugar	Protein



Crispy aubergine parmesan stacks

By Megan Sadd

Serves **2** | *Prep* **20 mins** | *Cook* **40 mins** | *Calories* **621** *(per serving)*

1 medium aubergine

FOR THE BREADCRUMB MIX

50g (1 cup) breadcrumbs, plain or gluten free

1 tsp garlic powder

¾ tsp sea salt

4g (2 tsp) Italian seasoning

8g (1 tbsp) nutritional yeast

FOR THE DREDGING LIQUID

2 tbsp (15g) tapioca flour

60ml (¼ cup) water

FOR THE FLOUR PLATE

125g (1 cup) plain flour, or rice flour

1 tsp sea salt

25g (½ cup) sun-dried tomatoes in oil, drained

150g (1 cup) small fresh tomatoes (ideally mini plum tomatoes)

15ml (1 tbsp) olive oil

4 garlic cloves, peeled

5g (2 tsp) dried basil

500g (2 cups) ready-made tomato sauce, or passata

60g (½ cup) shredded vegan mozzarella

TO SERVE

fresh basil

mixed green salad

12.7g	1.9g	4g	12.7g	18.4g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. Preheat the oven to 230°C/Gas Mark 8. Slice the aubergine into 8mm (1/3in)-thick slices, then pat dry.
2. Set up the dredging station: mix the breadcrumbs, garlic powder, salt, Italian seasoning and yeast in a shallow bowl. Mix the tapioca flour and water in a second bowl. Mix the plain flour and sea salt on a large plate.
3. Line two baking trays with parchment paper.
4. Coat the aubergine slices with the flour mixture. Next dip them in the tapioca mix and then carefully coat them in the breadcrumbs. Arrange the slices in an even layer on the baking trays and make sure they don't touch.
5. Bake the aubergine for 18 minutes. It's okay if the oven isn't fully hot yet. Use a fork to carefully turn the aubergine after 10 minutes. In the meantime, finely chop the sun-dried and plum tomatoes.
6. Put the olive oil in a large saucepan over a medium-high heat. Mince the garlic while the pan heats up.
7. Add the sun-dried tomatoes to the pan, cook for 30 seconds, until sizzling, and then add the garlic, basil and plum tomatoes. Cook and stir for 5-7 minutes, until the tomatoes start to break down, and then add the passata to the pan. Simmer for another 10 minutes. Stir often to prevent sticking and turn the heat down if necessary.
8. While the sauce is cooking, chop a handful of basil for the garnish.
9. When the aubergine slices have 5 minutes left, sprinkle them with the vegan mozzarella, then put them back in the oven until the cheese starts to bubble and the aubergine is crisp. Layer the stacks by alternating aubergine slices with passata. Top with chopped basil and serve with a simple mixed green salad and your favourite dressing.

Sticky orange cauliflower

By Megan Sadd

Serves **4** | *Prep* **20 mins** | *Cook* **20 mins** | *Calories* **645** *(per serving)*

186g (1 cup) white rice

480ml (2 cups) vegetable stock

170ml (¾ cup) aquafaba (the liquid from canned chickpeas)

128g (1 cup + 1 tbsp) cornflour, divided

60g (½ cup) plain or brown rice flour

10g (2 tsp) sea salt

1 tsp black pepper

900g (9 cups) cauliflower florets

590-710ml (2½-3 cups) rapeseed or avocado oil, for frying

FOR THE ORANGE SAUCE

3 cloves garlic, peeled, minced

15ml (1 tbsp) oil

1 heaped tsp minced ginger

½ tsp red chilli flakes

240ml (1 cup) orange juice

60ml (¼ cup) tamari or soy sauce

20ml (1 tbsp + 1 tsp) rice wine vinegar

30ml (2 tbsp) agave nectar

½ tsp sriracha

30ml (2 tbsp) water

TO SERVE

2 green onions

30g (2 tbsp) sesame seeds

1. Cook the rice in the vegetable stock.
2. Set up a dredging station: drain the liquid from a can of chickpeas into a bowl. Reserve the chickpeas for another recipe. Mix 120g (1 cup) cornflour, plain flour, salt and pepper in a second bowl. Break any florets larger than 5-7cm (2-3in) in half.
3. Place a very large, deep pan over a medium-high heat. Add 13mm (½in) oil. Heat the oil to 185°C, which should take about 2-3 minutes. Test it by dropping a pinch of flour in the oil. When it bubbles, the oil is ready.
4. Prepare the first batch of cauliflower. Coat several pieces in the flour and then dredge them in aquafaba. Let some of the excess aquafaba drip away and add a second coat of flour.
5. Fry the cauliflower in two batches until golden and crispy, turning as needed, for about 4-5 minutes. Line a plate with paper towels, and then batter the next batch. Place the fried cauliflower on paper towels to drain any excess oil.
6. Heat 1 tbsp oil in a small saucepan over a medium-high for about 30 seconds. Add the garlic, ginger and chili flakes. Cook until fragrant, for about 1 minute.
7. Add the orange juice, tamari, vinegar, agave and sriracha. Reduce the heat to medium-low.
8. Mix 1 tbsp cornflour with 2 tbsp water. Stir into the sauce. Turn off the heat when the sauce looks syrupy, which should be after about 2 minutes. Slice the green onions while the sauce is cooking.
9. Fluff the rice, toss the fried cauliflower in the sauce and serve immediately. Divide the rice into bowls and top with cauliflower, green onions and sesame seeds.

TIP For a healthier version, preheat the oven to 230°C/Gas Mark 8 and place the dredged and coated cauliflower florets on a lined baking sheet. Bake for 15-20 minutes, or until golden and crisp.

TIP Most canned chickpeas contain 180ml (¾ cup) aquafaba, but some have closer to 120ml (½ cup). I recommend having two cans on hand just in case.



The recipes on pages 55-59 are taken from *30-Minute Vegan Dinners* by Megan Sadd, photography by Megan Sadd, published by Page Street Publishing Co. (RRP £16.99.)

19g	2.4g	3g	17.5g	12.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*





Cornmeal-crusted oyster mushroom po' boy

By Megan Sadd

Makes **2-3** *sandwiches* | *Prep* **20 mins** | *Cook* **15 mins** | *Calories* **635** *(per serving)*

FOR THE CAJUN REMOULADE

60g (¼ cup) vegan mayonnaise

2 tsp (10ml) white vinegar

15g (1 tbsp) dill pickle relish

1 tsp Dijon mustard

5g (1½ tsp) Cajun seasoning

1 tomato

FOR THE BREADING

34g (⅓ cup) panko or gluten free breadcrumbs

43g (⅓ cup) plain or rice flour

50g (⅓ cup) cornmeal

4g (2 tsp) smoked paprika

10g (2 tsp) kelp powder

½ tsp garlic powder

½ tsp onion powder

¼ tsp cayenne

¼ tsp celery salt

30ml (2 tbsp) tamari

60ml (¼ cup) water

8g (1 tbsp) cornflour

480ml (2 cups) avocado or grapeseed oil, for frying

170g (2 cups) oyster mushrooms

1 vegan baguette or 2-3 vegan gluten free rolls

45g (½ cup) shredded cabbage

40g (¼ cup) sliced sandwich pickles

TO MAKE THE REMOULADE

1. Combine the vegan mayonnaise, vinegar, relish, mustard and Cajun seasoning in a small bowl. Cover and place in the fridge until ready to use. Slice the tomato and set aside.

TO MAKE THE BREADING

1. Mix together the breadcrumbs, flour, cornmeal, paprika, kelp, garlic powder, onion powder, cayenne and celery salt in a shallow bowl. Mix the tamari, water and cornflour together in a second shallow bowl.
2. Set a wire rack over a tray lined with paper towels.
3. Heat the oil in a medium-sized frying pan over a medium-high heat for about 2 minutes. When the oil is hot, the surface will look wavy or shimmering. Test that the oil is hot by dropping in a bit of flour or breadcrumbs. When it sizzles a lot, the oil is ready. While it heats, trim the oyster mushroom clusters into 4cm (1½in) pieces.
4. The tamari slurry has a tendency to separate, so stir often to re-combine. Working a few at a time, dunk the mushrooms in the slurry, then coat them in the breading. Fry the mushrooms until crispy and golden brown, about 2-3 minutes per batch. Turn frequently. Fry them in batches of 2 or 3 so you don't overcrowd the pan.
5. Place the fried mushrooms on the cooling rack while you fry the rest. Slice the baguette into 2 or 3 pieces and toast before you fry the last batch of mushrooms.
6. Divide the fried mushrooms between the sandwiches and top with shredded cabbage, tomato, pickles and remoulade.

36.1g	4g	3.5g	4.7g	11.8g
Total fat	Saturates	Salt	Sugar	Protein



Arrabbiata pasta

By Veronica Lavenia (www.veronicalavenia.com)
Serves **2** | *Prep* **5 mins** *plus soaking* |
Cook **25 mins** | *Calories* **476** *(per serving)*

2 artichokes
1 unwaxed lemon, juiced
fresh chilli, chopped
1 clove garlic, peeled, chopped
50g tomatoes, peeled
pinch of sea salt
white pepper, to taste
4 tbsp (60ml) extra-virgin olive oil
200g (around 2 cups) short gluten-free pasta

1. Clean the artichokes and cut them roughly. To avoid blackening, put them in a bowl with water and lemon juice for 20 minutes.
2. In a pan, warm 2 tbsp oil and add the chilli and garlic. As soon as they start frying, add the well-drained artichokes and cook for about 5 minutes.
3. Add the peeled tomatoes, salt and pepper and cook for 20 minutes. If necessary, add a few spoonfuls of water.
4. Cook the pasta al dente, in boiling salted water. Once cooked, add the pasta to the sauce. Add the remaining oil and serve it immediately.

2.8g	0.6g	0.7g	4g	14.2g
Total fat	Saturates	Salt	Sugar	Protein



Mushroom risotto

By Peta Coote (www.nourishingsoulfully.com)
Serves **8** | *Prep* **5 mins** | *Cook* **1 hr** | *Calories* **398** *(per serving)*

10 button mushrooms
12 oyster mushrooms
1 onion, finely chopped
2 garlic cloves, crushed
1 tbsp olive oil
460g (2½ cups) brown rice
350ml (1½ cups) vegan white wine
400ml can (1⅔ cups) coconut milk
480ml (2 cups) boiling water
2 tsp thyme
1 tsp salt
1 tsp pepper
grated zest and juice of 1 lemon

1. In a large saucepan over a medium heat, add the olive oil.
2. Add the onion and the garlic cloves.
3. Cook over a medium heat for about 15 minutes until golden brown.
4. Add the brown rice and stir well. Leave to cook for 5 minutes, stirring occasionally.
5. Add the white wine, coconut milk, boiling water, thyme, salt, pepper, and the lemon zest and juice.
6. Bring to the boil and lower the heat to medium.
7. Cook for about 30-40 minutes, stirring occasionally, or until all the liquid has absorbed.
8. Serve with a light salad.

15.6g	11.3g	0.8g	3.4g	7.3g
Total fat	Saturates	Salt	Sugar	Protein



Cauliflower flatbreads with guacamole and salsa

By Peta Coote (www.nourishingsoulfully.com)

Makes **5-6** *flat breads | Prep* **10 mins** *| Cook* **45 mins** *| Calories* **532** *(per serving)*

1 small cauliflower
475g (3 cups) rice flour
1 tsp salt
1 tsp pepper
1 handful coriander
1 tsp thyme
3 tbsp olive oil, divided
480ml (2 cups) water
1 avocado
orange, juice only
salt and pepper, to season
1 onion, finely chopped
4 mushrooms, finely chopped
1 small red pepper, chopped
325g can sweetcorn (260g drained, 1½ cups)
6 cherry tomatoes, quartered
390g (1⅔ cups) passata
1 tsp spicy paprika
1 tsp sweet paprika

1. Preheat the oven to 200°C/Gas Mark 6.
2. Cut the cauliflower into chunks and place in a food processor. Blend until finely chopped.
3. Place the cauliflower into a rice bag and squeeze until all the excess liquid has been removed.
4. Transfer the cauliflower to a large mixing bowl, add the rice flour, salt, pepper, finely chopped coriander, thyme and olive oil. Mix well and slowly add water until a dough is formed. Be careful not to add too much water.
5. Roll into rectangular shapes of about a finger in thickness.
6. Place in the oven to cook for 15 minutes, turn over and cook for a further 10 minutes.

TO MAKE THE GUACAMOLE

1. Mash the avocado and mix with the orange juice, add salt and pepper and stir well.

TO MAKE THE SALSA

1. In a frying pan over a medium heat, add 1 tbsp olive oil.
2. Add the onion and cook for 10-15 minutes until golden and soft.
3. Now add the mushrooms, red pepper, cherry tomatoes and drained sweetcorn.
4. Stir well and add the passata, spicy paprika and sweet paprika. Leave to simmer for 10 minutes.
5. When the flatbreads are ready, remove carefully from the oven. Spread the guacamole on top and spoon over the salsa to enjoy.

16g	2.8g	1g	6.3g	9.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Jackfruit chilli bowls

Serves **4** | *Prep* **25 mins** | *Cook* **1 hr 15 mins** | *Calories* **799** *(per serving)*

FOR THE CHILLI

2 tbsp coconut oil

1 onion, peeled, diced

1 red pepper, cored, seeded, diced

1 jalapeño chilli, seeded, minced

2 garlic cloves, peeled, minced

1 tsp dried oregano

1 tsp red chilli powder

2 tsp smoked paprika

2 tsp ground cumin

1 tsp ground coriander

600g (3 cups) tinned jackfruit, in water or brine, drained

600g (3 cups) tinned chopped tomatoes

200g (1 cup) tomato passata

400g (1¾ cups) tinned red kidney beans, drained

200ml (1 cup) vegetable stock

juice of 1 lime

1 tbsp maple syrup

salt and freshly ground black pepper

TO SERVE

250g (1½ cups) brown rice, rinsed several times, drained

200g (2 cups) runner beans

grated zest of 1 lime

lime wedges

2 little gem lettuce, chopped

2 spring onions, sliced on the bias

1 jalapeño chilli, sliced

red chilli flakes

1. For the jackfruit chilli: Melt the coconut oil in a large saucepan set over a medium heat until hot.
2. Add the onion, red pepper, jalapeño and a pinch of salt, sautéing until softened, about 5-6 minutes.
3. Stir in the garlic, cook for 2 minutes, then stir in the oregano and spices. Continue to cook for 2 minutes until the spices are aromatic and slightly darkened in appearance.
4. Stir in the jackfruit, chopped tomatoes, passata, kidney beans, stock, lime juice, maple syrup and some salt and pepper to taste.
5. Bring to the boil before reducing to a gentle simmer. Cook steadily for about 1 hour until the chilli is thickened; stir from time to time.
6. When ready, shred the jackfruit with forks and season the chilli with salt and pepper to taste. Cover and keep warm over a very low heat.
7. To serve: Combine the rice with 750ml (1¼pt) water and 1 tsp salt in a heavy-based saucepan. Bring to a boil, cover, then cook over a low heat until the rice is tender and has absorbed the water, about 20 minutes.
8. Remove from the heat, scatter the runner beans on top of the rice, then cover again. Allow to cool for 10 minutes.
9. After 10 minutes, remove the beans from the rice and cut into sections. Fluff the rice with a fork to separate the grains before dividing between bowls.
10. Serve the chilli on the side of the rice. Garnish the bowls with runner beans, lime wedges, lime zest, chopped lettuce, spring onion slices, jalapeño slices and some chilli flakes.

10.6g	6.5g	0.4g	11.6g	27.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Recipe development and food photography © Stockfood, The Food Media Agency



Macaroni cheese

by Harriet Emily (www.harrietemily.com)

Serves **3-4** | *Prep* **10 mins** | *Cook* **30 mins** | *Calories* **672** *(per serving)*

200g (1¾ cups) vegan mozzarella, cubed or grated
150g (1 cup) cashews
500ml (2 cups) boiling water
5 tbsp nutritional yeast
1 tsp salt
¼ tsp turmeric
½ tsp paprika
¼ tsp black pepper
¼ tsp chilli powder
¼ tsp garlic powder
1½ tsp tapioca flour
250g (2 cups) macaroni tubes

31.4g	4.2g	2g	2.6g	27.7g
Total fat	Saturates	Salt	Sugar	Protein

1. Preheat the oven 200°C/Gas Mark 6.
2. Half fill a pan with water, place over a medium-high heat and bring to a boil. Add the pasta and cook according to the packet.

TO MAKE THE SAUCE

1. Place the cashews into a blender with the boiling water and blend until smooth. Transfer the cashew cream to a large pan.
2. Place the pan over a medium heat and add the nutritional yeast, paprika, turmeric, chilli, salt and pepper. Stir until well mixed.
3. Add the vegan cheese and mix until it has melted into the sauce. I find it easiest to do this using a hand whisk. Once the sauce is smooth, remove from the heat and add the tapioca flour to thicken the sauce. Stir until it's smooth.
4. Once the pasta has cooked, drain and tip into the sauce. Stir until evenly mixed.
5. Pour the macaroni cheese into a heatproof dish, and bake in the oven for around 20-25 minutes, or until golden brown on the top.
6. Once cooked, remove from the oven, and allow the dish to cool for a few minutes before serving.

DELVE INTO **FOOD ALCHEMY!**

Harriet Emily shows us how to see cooking as a gateway to becoming more at one with ourselves...

Harriet Emily has created *3 Days of Food Alchemy*, an intensive 3-day programme that combines a nourishing plant-based meal plan, meditations, mantras and healing practices. The aim of this process is to help heal the relationship we have towards the food we eat and how we eat it. By combining these practices, you can begin to look at using food and cooking as a gateway to becoming more self aware and connected to who you are as a person. We look at Day 1 of this process. »

The e-book of 3 Days of Food Alchemy by Harriet Emily is available to buy @ www.blurb.co.uk/b?ebook=685619 (£2.99).



DAY 1: Healing

Today's practice is all about healing:

Learning how to heal.
Healing your food.
Healing your relationship with food.



We will begin with the following mantra: **Ra Ma Da Sa Sa Say So Hung.**

This is a Gurmukhi mantra which we use in Kundalini Yoga for healing. I want you to really immerse yourself in it today. Listen to it, chant to it, play it all day long – wherever you are and whatever you're doing.

There is an immense power in your word, and we will use this power to initiate the healing power that I want you to generate within yourself.

So now, sit down somewhere and tune into your day. Chant the following mantra three times: **Ong Namo Guru Dev Namo**. This will connect you to the powerful energy of the yogic masters who came before us. Now, play the mantra track (suggestions are found in the book), close your eyes and immerse yourself in the sound current of this mantra for the next 3-5 minutes and chant along when you're ready.

Then, when you're done it's time to make your breakfast and get familiar with chanting while you cook. The breakfast recipe takes some time, so I suggest rising a couple of hours earlier than usual, or making sure you have a free morning.

Ra Ma Da Sa Sa Say So Hung

Sun, Moon, Earth, Impersonal Infinity, Totality of Infinity, Personal Sense of Merger and Identity, The Infinite Vibrating and Real.

"This mantra taps into the energies of the sun, moon, earth, and the Infinite Spirit to bring deep healing. It can be chanted to heal the self or to send healing energy to anyone you wish."

(source: 3HO)

Apple, pear & berry chia pudding

GF DF EF V

Serves **4** | *Prep* **20 mins** *plus chilling* | *Cook* **10 mins** | *Calories* **683** *(per serving)*

8 tbsp chia seeds

675ml (23fl oz) almond milk

2 tbsp maple syrup

1 tsp cinnamon

½ tsp vanilla powder

2 apples

2 pears

200g (7oz) blackberries

200g (7oz) raspberries

2 tbsp water

TOPPINGS

16 tbsp plain non-dairy yoghurt

raspberries

blackberries

dark chocolate

pistachios

1 Get your mantra track playing, start chanting and grab a large mixing bowl. Add the chia seeds, cinnamon, vanilla, maple syrup and almond milk. Using a mixing spoon, stir everything together smoothly and consciously while you chant, until well mixed. Move the bowl into the fridge for about 1 hour to thicken and gel up. Check and stir the mixture every now and then. Keep the mantra playing in the background.

2 Ten minutes before the chia pudding is ready to come out of the fridge, make the berry compote. Add the raspberries, blackberries, maple syrup and water into a medium-sized pan, then place it over a medium heat. Stir together for 10 minutes, pressing the fruit and breaking it down as you stir it and chant. When the sauce has thickened into a compote consistency, remove it from the heat and set it aside to cool.

3 Grate the apple and pear. Remove the chia pudding from the fridge and stir the apple and pear into it until everything is well mixed. Place it back into the fridge.

4 When the fruit compote has cooled, prepare the chia puddings. Place a quarter of the chia pudding into a bowl, followed by 2 tbsp yoghurt and a quarter of the berry compote. Repeat this process one more time to complete one serving. When this is done, repeat for the remaining three bowls. Lastly, top the bowls with some raspberries, blackberries, pistachios and dark chocolate to serve. Chant a long Sat Nam over the bowls, before serving for a final blessing. »

41.6g	29.8g	0.2g	50g	11.3g
Total fat	Saturates	Salt	Sugar	Protein



Chickpea & borlotti bean salad

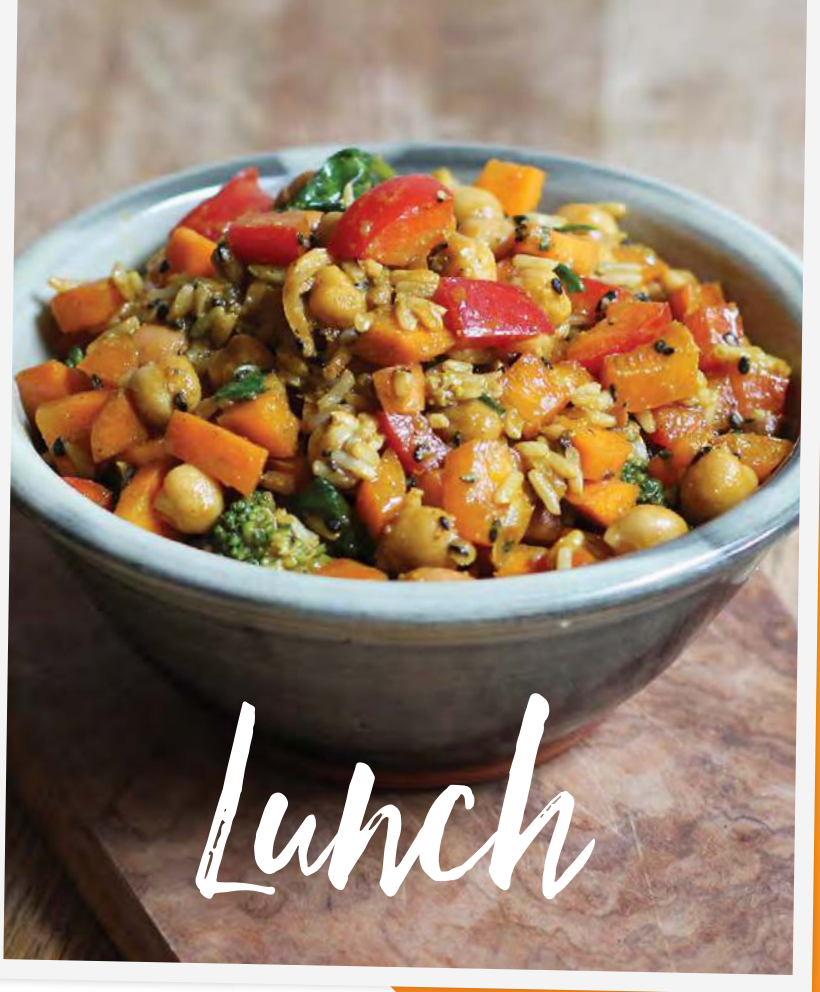
GF SF DF EF V

Serves **4** | *Prep* **15 mins** |
Cook **20-25 mins** | *Calories* **547** *(per serving)*

90g (3oz) brown rice
65g (2¼oz) broccoli, chopped
2 carrots, peeled
1 red pepper
1 orange pepper
50g (1¾oz) spinach
400g (14oz) tinned chickpeas, rinsed, drained
160g (5½oz) tinned borlotti beans, rinsed, drained
3 tbsp olive oil
3 tbsp water
2 tbsp sesame seeds
2 tbsp tamari soy sauce
1 tbsp medium curry powder
2 tsp rice vinegar
1½ tsp chilli powder
1 tsp turmeric
½ tsp gluten-free vegetable stock powder
½ tsp freshly ground black black pepper

1. Turn on your mantra and start chanting, then fill a medium pan with water, place it over a medium heat and bring it to a boil. Add the brown rice and cook for 20-25 minutes until ready. When there are about 2-3 minutes left for the rice to cook, add in the broccoli.
2. Meanwhile, prepare the salad. Finely cube the carrots, red pepper and orange pepper. As you chop, chant each part of the mantra as you slice. Make this a conscious act; Ra (chop) Ma (chop) Da (chop) Sa (chop), etc. Then, add them to a large salad bowl, followed by the spinach, chickpeas and borlotti beans. Set the bowl aside until the rice and broccoli have cooked.
3. When the rice and broccoli have cooked, remove from the heat, drain and add to the salad bowl.
4. Add the olive oil, water, tamari, sesame seeds, curry powder, rice vinegar, chilli powder, turmeric, vegetable stock powder and black pepper into the salad bowl. Using a spoon or spatula, gently mix all the ingredients together until everything is well combined. Again, focus on the healing energy of this mantra as you stir and chant. Visualise a pure healing energy pouring into your bowl. When you're ready, finish stirring. Place your hands around your mixing bowl, contain the energy and chant a long Sat Nam before serving.

17.5g	2.4g	0.6g	9.9g	22.4g
Total fat	Saturates	Salt	Sugar	Protein



HEALING WITH WATER

Now you've had your breakfast, It's time to organise your liquids for the day. I want you to prepare all of the water that you would usually drink in a day (this should be around 2-3 litres), and pour it into either a large bottle, or two that you will use throughout the day.

As you begin this process, I want you to play a track of the Ra Ma Da Sa Mantra and, when you feel comfortable, begin to chant. Once the water is safely in your container, I want you to sit with it. Place your hands over the water, or in gyan mudra (index fingers touching the thumbs), and chant along to the mantra for the next 3-11 minutes. As you chant, visualise a pure white light of healing energy flowing into, and being absorbed by, this water. Really take this time to infuse your water with as much love, devotion and energy as you can.

Our bodies are made up of 60% water. If we can take the time to do this and infuse the water we're drinking with such beautiful energy, we will be adding 60% more healing magic into our lives in just a few minutes of our day. From my personal experience, it's definitely something worth making the time for.

Once you've done this, seal your bottle, drink some, or store it away for later. You can also create a label for your water with the 'Ra Ma Da Sa Sa Say So Hung' mantra written on it. This serves as a nice reminder of all of the beautiful energy you've created, and can be used as tool to get familiar with the mantra. You may want to chant it to yourself each time you go to take a drink, and really immerse yourself in this healing process.

"The process of self-healing is the privilege of every being. Self-healing is not a miracle, nor is self-healing a dramatisation of the personality as though you could do something superior. Self-healing is a genuine process of the relationship between the physical and the infinite power of the soul."
Yogi Bhajan

RA MA DA SA HEALING MEDITATION

This healing meditation is a beautiful practice which can be used to heal yourself, to heal other people and heal the earth. There are a variety of healing meditations that you can follow using this mantra, however I have chosen this one so we can begin healing ourselves and extend that healing energy out to the rest of the planet. You can also send it to your food, blessing it with wholesome, nourishing energy.

As you begin this meditation, I want you to focus the healing energy on yourself. Allow the healing love of the universe to fill you, support you and enable you to feel safe and at home within yourself. Fill yourself with love for your being, for your body and for yourself. Allow this love to flow through you, and release any self-loathing you carry, especially anything related to your food and eating habits – whether you are aware of them or not. Then, when you feel good and you feel ready, begin to extend your healing energy out to your loved ones, the people you know, or the people you may have cooked for. After this, extend your healing energy out into the world, sending out a pure feeling of love into the earth and visualising the world happy, healthy and at peace.

MEDITATION LENGTH: 11 Minutes

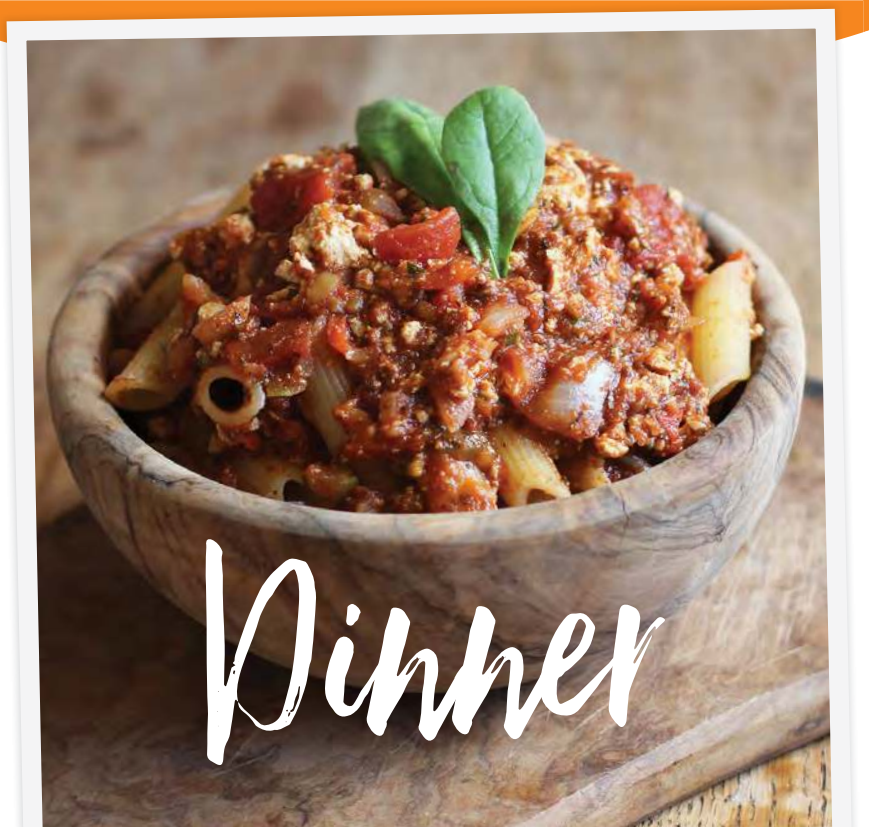
TUNE IN: Ong Namo Guru Dev Namo x3

POSTURE: Sit down, legs crossed in easy pose, spine straight.

Raise your arms up and in towards your body. Your upper arms are pressed in against the ribcage. Bend the wrists so that your palms are flat and face the sky at a 45-degree angle away from the body. Keep your fingers tucked in, but thumb spread out from them. Close your eyes, focus on the third eye point and chant to the mantra. Focus on your healing process as you chant.

TO FINISH: Inhale long and deep. Send out a prayer of healing as you hold the breath, visualising who it is you are healing being radiant, happy, strong and whole. Surround them in a white, healing light, visualising them totally healed. Exhale. Repeat this once more. Then, stretch up the arms, inhale, exhale and completely shake out the hands and wrists. Repeat this 2 more times, then relax.

TUNE OUT: Sat Nam x3



Smoky tofu bolognese

GF SF DF EF V

Serves **4** | *Prep* **20 mins** |
Cook **20 mins** | *Calories* **350** *(per serving)*

200g (7oz) gluten-free pasta
1 tbsp olive oil
1 onion, peeled
1-2 large garlic cloves
1 courgette
35g (1¼oz) mushrooms
85g (3¼oz) red pepper
400g (14oz) pack of extra-firm tofu
2 tbsp dried mixed herbs
1 tbsp plus 1 tsp smoked paprika
1 tsp chilli powder
1 tsp vegetable stock powder
¼ tsp salt
freshly ground black pepper
400g (14oz) tinned chopped tomatoes
375ml (13fl oz) passata

1. Play the mantra and add the onion, garlic, courgette, mushroom and red pepper to a food processor. Blitz until finely chopped, then place a large wok/frying pan on a medium heat and add the olive oil. Pour in the chopped vegetables and fry in the pan for 4 minutes, stirring and chanting along to Ra Ma Da Sa.
2. Drain the tofu from the pack and crumble into the frying pan. Add the dried mixed herbs, paprika, chilli powder, vegetable stock powder, salt and pepper. Stir together, chanting and cooking for a further 3 minutes.
3. Add the chopped tomatoes and passata. Stir everything together and reduce the heat slightly. Allow the sauce to simmer and heat through for around 15-20 minutes to develop its flavours.
4. During this time, cook your desired amount of pasta, ready to serve with the sauce. When both the pasta and the sauce are ready, remove them from the heat, drain the pasta and serve with the bolognese. Chant a long Saaat Nam before you begin to eat.

11.1g	1.3g	0.3g	6.8g	19g
Total fat	Saturates	Salt	Sugar	Protein



How deep is your sleep?

Charlotte Willis shares some advice on the importance of getting good sleep

I lose count of the people I speak to on a daily basis who tell me they are tired, exhausted or on the verge of nodding off during their next meeting. We are a nation of workaholics, do-aholics and always-on-the-go-aholics. Work emails ping to your phone, which never leaves your side even when relaxing. We never stop! But what about our body's restorative mechanism? What impact does all this action and activity have upon our much lusted after 7-8 hours of sleep? Are we truly getting enough rest, and if so, is it the highest quality or the correct sort?

The science of circadian rhythms

For something so intrinsic and valuable in our lives, sleep is a phenomenon only recently beginning to be understood. Discoveries into how we fall asleep, what happens when we're unconscious, and our body's reaction to a reduction in sleep are questions we finally have the research capabilities to answer.

For example, it has recently been discovered that there is a dedicated sleep centre in the brain (the suprachiasmatic nucleus). This area of the brain contains 10,000 cells, each with an influence on our biological body clock using light sensation. It turns out that this bundle of brain cells helps to control almost every single other cell in the body, by providing them with their own 24 hour clock rhythm. Put simply, almost every single one of your body's cells has its own bedtime (during which the cell is relatively inactive) and wake time (after which the cell is at its most active) based upon the time of day, affecting the different rates in metabolism and bodily functions over 24 hours. Pretty amazing stuff!

These internal body clocks are also known as circadian rhythms, and are directly affected by the amount of daylight and artificial light the body is exposed to. It's like an internal self-timer or dimmer switch, telling us to feel sleepy in the evening and fuelling our cells when we require the most energy during the day.

The cycle of sleep

There's a reason why we can't function without sleep. This necessity is critical to our existence. Sleep allows our bodies to undergo important repair and restorative functions including muscle and bone repair, tissue growth, hormonal regulation and healing mechanisms. This cyclic rhythm of unconscious rest also helps to increase memory, aiding mental performance and reducing anxiety and stress.

During sleep, we travel through a series of cycles involving different levels (phases) of unconsciousness, with each complete cycle occurring 5-6 times per night. We begin with the transitional phase (phase 1), which is when we float in and out of nodding off. Here, we are likely to experience auditory hallucinations and jerky muscular movements.

You eventually slip into phase 2, which is the most frequently experienced phase of sleep. Here, body temperature and heart rate are low, eye movement is still, with the odd burst of movement known as sleep spindles.

Phases 3 and 4 are the deepest periods of sleep, in which you require a loud or sudden noise to be woken! During these phases brain waves are at their slowest, resulting in rhythmic, deep breathing. These phases are the most restorative as growth hormones are produced to help aid our recovery internally.

Phase 5, also known as REM sleep (rapid eye movement), is characterised by vivid dreams. In this phase, the body enters a state of muscle paralysis to prevent us acting out our dreams!

Too little? Too much?

I'm sure you're aware of the dangers of getting too little sleep. Not only does it make you feel zombified, leaving you bleary eyed and lusting after a siesta, but a lack of sleep can have serious effects on your cardiovascular and immune health, while decreasing fertility and increasing the risk of diabetes and depression. However, too much sleep can be just as bad for us! Oversleeping for months on end, night after

night, can result in the exact same symptoms. It seems our bodies are accustomed to a healthy balance, and how much sleep we each require depends on a few factors, including activity level and health conditions. However, the pivotal factor in determining sleep requirements is our age.

Age	Suggested Sleep Hours
1-3 **yrs**	12-14 **hours**
3-5 **yrs**	11-13 **hours**
5-10 **yrs**	10-11 **hours**
11-17 **yrs**	8.5-9.5 **hours**
18+ **yrs**	7-9 **hours**

Are you in sleep debt?

Picture this. A busy week at work, paired with a hectic social schedule. When life pulls us in every direction, sleep just seems like a necessary evil. You go to bed later than normal, and get about 5-6 hours per night, only to awaken groggy and foggy-headed for that 7am alarm. Losing out on just one hour of sleep every night for a week adds up. Cumulatively, you'll have lost 7 hours over the week, the equivalent of pulling an all-nighter!

I was pretty shocked to find that about a third of the UK relies upon 5-6 hours of sleep or less per night. Speaking matter of fact, a third of us are technically classified as sleep deprived, or worse, exhausted! Sleep specialists refer to this as a state of sleep debt, and for many this occurs more often than we may think. As with financial debt, sleep debt should be repaid by making sleep repayments as soon as possible. There's an overdraft limit, and pushing yourself deep into the red is never advisable.

Budgeting your bedtime balance

If you want to keep a check on your balance, try using a sleep app such as Sleep As Android and Sleep Cycle, or smart activity level trackers such as the BellaBeat or FitBit to measure the amount of sleep you get in one night. Or, if you'd prefer to keep it old school, simply make a note on the calendar or in your diary.

If you have an event coming up, or know you're likely to be burning the midnight oil to a greater extent, listen to your body's needs and make a decision to sleep smart. Try and squeeze in a post-work nap to cull fatigue after a long day. If the night before is leaving you feeling drained, opt to move tonight's bedtime to an earlier time to catch up on shut-eye.

Sickness, illness recovery and sporting events push your recommended sleep hours higher. If you feel tired, chances are your body is trying to tell you something, and extra rest could end up saving you a day's sick leave. When I consider the prevalence of stress, anxiety and work-induced depression amongst the general population, it's easy to see how sleeplessness and the 24/7 lifestyle correlate. In fact, just under half of the UK adult population identify anxiety as the main cause of sleep disturbance. Worryingly, this rises to 53% in young adults and teenagers. All this said, how can we help ourselves get the best night's sleep possible?

Switch off

How many of us have been here? Lying in bed, making a mental list of things we have to do the next day. Planning, scheming, reflecting on the day and preparing for the day ahead. Worrying about this bill, stressing about that friend. Why is it that as soon as the body decides to rest, your mind decides otherwise? An over-active thought pattern can stimulate higher frequency brain waves, and result in your brain's activity going into overdrive. STOP. Switch OFF.

One of the helpful things I've learnt studying mindfulness and anxiety prevention, is the power of clear thinking. Sounds simple. It's really not. You can tell yourself until you're blue in the face to stop thinking, but that simply won't cut it. I've learnt that making physical lists before you go to bed is very cleansing and helps to prevent excessive concern. Make a note of any thoughts, to-dos, reflections and anything that stimulates your mind.

Power down

The most common way to unwind before bed? Watching TV of course. Even I am guilty of this, catching up on a good sit-com before turning out the light, there's no doubt that I feel relaxed and calm. However, I always ensure to use a colour filter on my laptop and phone after sunset. Mad? No. More ingenious, I think you'll find! See, during the day we are exposed to blue light from screens, lights and from the world around us, signalling to our body that we are awake and it is daytime. Before technological advances, the sunset would act as an indicator to our biological clock, indicating the need for us to wind down and rest. Our excessive use of technology can mean we are overstimulating our light-sensing neurons past their bedtimes! By using a blue light filter called flux on my laptop, and night mode on my phone, I am able to reduce my exposure. Ideally, you should aim to distance yourself from technology for around an hour before bed.

Time for bed

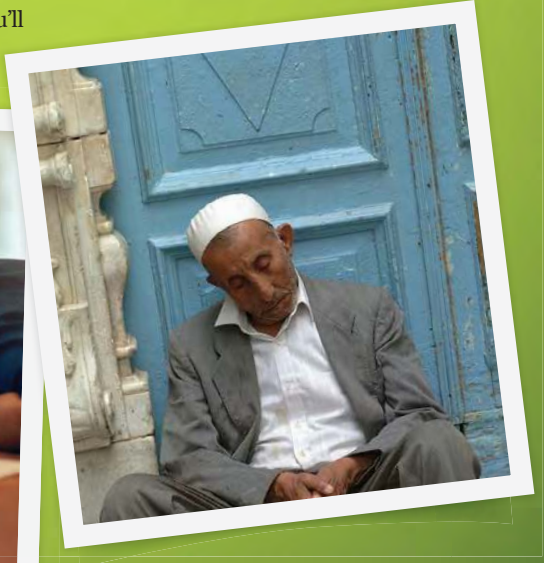
Experts in sleep will argue that the time you decide to go to sleep (providing you hit between 7-9 hours) is not as important as keeping this bedtime regular. Our bodies become accustomed to falling asleep and waking up at certain times of the day. If you've ever woken up 5 minutes before your regular alarm, this is why! Keeping to a regular schedule of waking and sleeping will help your body achieve optimum energy levels throughout the day.

Bedroom rules

A common mistake we all make is assuming our brains distinguish between lying on the bed studying/working and lying on the bed sleeping. Sadly, this is not the case! We are conditioned to associate our beds with intimacy and sleep, so why not keep it this way? By using your bed just for sleeping it helps to ensure the response to lying on the bed is relaxation, not stressing over an email or work Whatsapp!

The temperature of the bedroom should also be kept cooler, as body temperature naturally drops when we sleep. It also needs to be free from light, and as sound-proof as possible. If noise outside or next door is common, try using a white-noise machine (many apps are also available).





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SO WHAT CAN YOU EAT?

Charlotte Willis' chronicles of becoming a gluten-free vegan

Once upon a time, there lived a woman whose digestive system refused to accept her appreciation for the humble restaurant bread-basket, home-tossed pizza dough or selection of vegan baked goods. You see, her body would punish her just a matter of hours after she gave into tempting cupcake labelled "eat me". Her stomach would swell like a ball gown, twisting and turning, cramping and churning, leaving her a bed bound beauty for days on end. Gluten was the forbidden fruit invading her every whimsical foodie fantasy. The consequences of which, never ended happily ever after.



Are you intolerant?

When I tell others I'm vegan, after much head-scratching, they usually conclude that I am able to live happily on carbs such as bread and pasta. That's before I tell them that I am intolerant to wheat and gluten. Safe to say, I'm placed at the bottom of everyone's fantasy dinner party list.

If being vegan wasn't enough to constrain my diet, my body decided wheat and gluten was the enemy on my plate. At first, like many gluten-free and intolerant transitioners, I was in denial, powering through vegan cakes and sourdough bread like I wouldn't have crippling stomach pain and nausea later. Far from ideal. I decided enough was enough and sought advice from a dietician friend, who confirmed what I suspected – I declared myself intolerant to wheat and gluten. Since then, I've not looked back. I'm listening to the needs of my body as never before, and my digestive system is less unstable volcano, more simmering tepid water.

Suspicious?

Below are a list of symptoms you may experience if you are indeed gluten intolerant

I would recommend getting a full medical or dietician diagnosis before adjusting your diet accordingly:

- Indigestion
- Bloating of the stomach and intestine area
- Nausea and sickness
- Diarrhoea and/or constipation
- A foggy head or feeling of confusion and tiredness after eating
- Headaches or migraine
- Swelling around the stomach or water retention »



Gluten science

Intolerance is another word for dietary allergy, resulting in an often delayed negative reaction internally. Dietary intolerances are far more common than you may first think. There are a variety of different degrees of allergic reaction to food-based allergens such as soya and dairy, all of which emanate from the body's rejection of certain protein complexes in common foods. The most common culprit besides lactose (not an issue for us plant-mylk drinkers) is gluten. Let's get molecular for a second...

Gluten is a complex protein compound found inside certain grains, including wheat, oats, spelt, rye and barley. Gluten (from the Latin, meaning glue) constitutes two protein complexes; gliadin and glutenin, which combine together to store carbon and nitrogen for later use in the plant. When these proteins associate during cooking and processes involving water, a stretchy and globular texture is created, which will maintain structure when heated and cooled. This is why gluten-containing flour is used in baking products, as pockets of air can be held within the structure of the gluten proteins, maintaining the light texture we attribute to cakes and breads.

The reason why gluten becomes so bothersome is due to the high allergenic nature of gluten. The protein complex is very difficult to digest and break down, and so can irritate the intestinal tract in certain individuals whom may have a predisposition to digestive sensitivity (but it's not known why some people are more likely to develop a sensitivity than others).



The intestinal villi (small finger-like protrusions of the intestine that help us achieve optimal digestion) respond with an allergic response in the presence of gluten. Triggering the body's immune system, white blood cells and lymphocytes go into overdrive in an attempt to protect you from potential harm. Much as when we experience a cut or burn, there's a rush of immune cells to the area, which induces the symptoms of gluten-intolerance. What's more, the digestive system tries to rid itself of the gluten as soon as possible, which may result in diarrhoea and sickness. Some even report skin rashes from gluten ingestion – dermatitis herpetiformis (DH) is a small, red and blotchy skin rash that results from the consumption of gluten as a result of inflammation and auto-immune reactions. DH is estimated to affect 15-25% of those with coeliac disease (National Institute of Health, 2017), and can be prevented by abstaining from gluten.

Gluten is a complex protein found in grains, including wheat, oats, spelt, rye and barley



How to have your (GF) cake

If you think you are gluten-intolerant, or perhaps you already have been diagnosed and are looking for some light at the end of the tunnel of frustration, allow me to be your lighthouse.

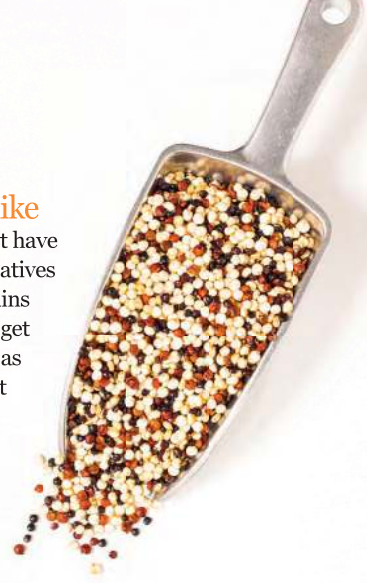
There's no need to panic or fret. You will eat cake. You can have your bread. You can even eat out at restaurants with no loss of friendships. I've developed a few coping strategies over the years, to ensure a fail-safe successful navigation through the gluten-free and vegan oceans in front of you, without sacrificing the enjoyment in your journey along the way...

Shop around

Thanks to current consumer lifestyle focus on health and wellness, consumer demand for alternative products that cater for everyone's diets are on the rise. Supermarkets are in a head-on race to colonise the ever-growing free-from slice of the market, with a huge boom in the size and variety of free-from foods available in every leading supermarket to date. The most on-board supermarket I have found is Tesco, with their own free-from range growing by the week – the free-from cheesy flavour nachos are possibly my favourite Saturday night pick-me-up. No...they *are* my favourite.

One of my favourite places to widen my dietary product range is by checking out vegan festivals and fairs. VegFest and The Allergy and FreeFrom Show are two of the best, and largest exhibiting festivals that you will experience. If the free samples weren't enough to draw you in, there's the promise of discovering exciting new products at an often discounted price. You will be surprised at the variety of breads that can be made from brown rice and buckwheat flour. Mind blowing!

If your current supermarket just isn't giving you what you need, don't be afraid to shop around and see what other shops can offer you. Independent vegan and vegetarian shops will always be ready to help you find suitable products, and a quick search on Ocado will reveal a whole range of free-from products by independent and smaller-scale gluten-free companies (such as Dee's and Amisa). Last resort? I tend to bulk buy gluten-free staples, such as red lentil flour pasta and rice cakes, online, usually via Amazon, for a cheap and easy one-stop supermarket without leaving the house.

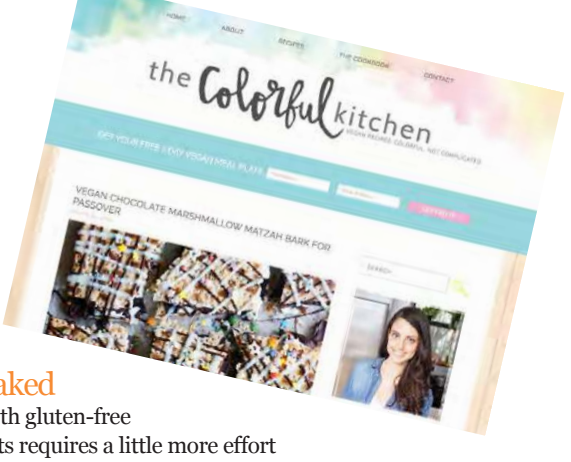


Savoury cooking: replace like for like

Just because you've ditched the gluten doesn't have to result in culinary despair. Free-from alternatives to pasta are usually made with alternative grains such as rice, maize and quinoa. You can even get higher protein pastas made from pulses such as edamame beans, lentils and chickpeas. Wheat pasta can also be made gluten-free by a form of extraction technique. Be cautious though as some gluten-sensitivities can be triggered by wheat, even when the gluten has been removed. I learnt the hard way that wheat's fibrous protein structures can cause certain individuals to have an allergic intolerance reaction similar to that produced by gluten. Until you're sure, save experimentation for a lazy Sunday perhaps!

In terms of savoury cooking, buckwheat flour or cornflour can be used as a gluten-free alternative to wheat in a cheeze sauce. I use potato starch and chickpea flour (gram flour), and replace the gluten with a rising agent such as bicarbonate of soda. Quinoa is a fabulous gluten-free alternative, with the added bonus of containing a higher level of protein and iron. Buckwheat (no relation to wheat!) is a delightfully-nutty grain that can be used in salads, or when soaked overnight and rinsed, as a porridge base.





Well-baked

Baking with gluten-free ingredients requires a little more effort and thought than savoury foods. Gluten-free bread making is an art form nothing short of wizardry if you ask me. This being said, I have had a degree of success making flatbreads and chapatis out of buckwheat flour, and I have mastered the art of coconut flour cupcakes. I've learnt one simple fact: Whatever you knew about baking with wheat flour, forget it, as it will not work out well!

Alas, I am definitely no expert when it comes to baking gluten-free goodness. Luckily for us, there are a bevy of wonderful and experimental bloggers out there who've done all the hard work for us! Some of my favourites include:

- Oh She Glows
- Minimalist Baker
- Vegan Richa
- The Colourful Vegan Kitchen
- Gluten-Free Vegan Pantry

I don't advise trying to veganise traditional gluten-free recipes, as many rely on egg protein as a binding and raising agent. Take it from me, your cupcakes will probably be cup-cocktails or cup-rocks! Instead, use a tried and tested recipe from one of the blogs above, and you'll guarantee success. Be prepared to use various raising agents, strange sounding gums and agars, and unusual combinations of flours.



Eat out happy

Dinner date looming? Does that family meal out on Tuesday have you imagining a plate full of salad leaves? If you're expecting to leave hungry, frustrated and severely depleted, allow me to help. One of the best personal attributes of being a foodie is my incessant insistence on checking out the menus of the restaurants that we go to at least a week in advance of our meal. If it's not up to scratch, I'll sometimes (actually, always) insist upon changing restaurants to somewhere more accommodating.

However, it's not always an option. If you know you'll be visiting a restaurant that is unlikely to cater to your needs, try ringing them at least 3-4 days beforehand. I've spoken to many chefs who are happy to create risotto, soups and stews, and even buy in gluten-free pasta. Most restaurants are more than happy to accommodate you, saving your stomach from potential horror and/or starvation.

Meal on a whim? Opt for chains such as Zizi's and Wagamama, both of which offer a vegan and allergen menu for customers. Result.



CHARLOTTE WILLIS

Charlotte is a freelance journalist and health writer who has worked with the Vegan Society and other online vegan publications. Her fields of expertise and interest include vegan nutrition, holistic healthcare, mindfulness, fitness... and gluten intolerance!

Lazy days

Something for the Weekend

RECIPES

Chill out with these laid-back light bites and wholesome mains...





No-nut cocoa mint mini energy bites

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)
Makes **32 bites** | *Prep* **10 mins** *plus chilling* |
Cook **none** | *Calories* **39** *(per serving)*

140g (1 cup) raw, unsalted sunflower seeds

110g (¾ cup) soft, pitted dates (soak in hot water if using harder dates)

30g (⅓ cup) raw cacao powder

small bunch mint leaves, washed, dried and stalks discarded (I used 20 leaves)

1 tsp vanilla extract

pinch salt

OPTIONAL

coconut milk or hot water, if needed

1. In a food processor, blitz the sunflower seeds until they resemble fine sand.
2. Add the dates and pulse a few times until roughly chopped. Then add the cacao powder, mint leaves, vanilla and salt.
3. Process until the mixture is fully combined and starts to stick together when squeezed between finger and thumb. It will still look like a fine crumb but will begin to clump.
4. If the mixture appears too dry, add a teaspoon at a time of coconut milk or hot water and process again until it reaches the desired consistency.
5. Roll heaped teaspoonfuls into mini balls. Roll each ball in more cacao powder to coat if desired.
6. Store in an airtight container in the fridge or freezer.

TIP These bites will keep longer in the freezer, but may require a minute to thaw before eating.

2.5g	0.3g	trace	2g	1.2g
Total fat	Saturates	Salt	Sugar	Protein



Sticky bars

By Dale Pinnock
Makes **about 16** | *Prep* **10 mins** |
Cook **20 mins** | *Calories* **98** *(per serving)*

50g (⅓ cup) flaxseeds

50g (½ cup) chopped walnuts

15 pitted dates, chopped into small pieces

2 tbsp water

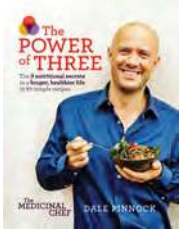
75g (¼ cup) peanut butter

1 tbsp desiccated coconut

1. Preheat the oven to 180°C/Gas Mark 4.
2. Place half the flaxseeds and half the walnuts in a food processor and blitz into an almost powder-like texture. Mix this with the remaining flaxseeds and chopped walnuts and combine well. This will give the bars a variety of textures.
3. Cook the dates in 2 tbsp water in a pan over a high heat for a few minutes, stirring continuously, until the dates begin to break down and form a paste. Add the peanut butter and mix well until combined.
4. Add the seed and nut mixture with the coconut, and combine well.
5. Press into a baking tin about 25x25cm (9x9in), lined with baking parchment, and bake in the oven for about 20 minutes. Allow to cool completely before cutting into bars.

6.6g	1.8g	trace	5.6g	2.6g
Total fat	Saturates	Salt	Sugar	Protein

The recipe for sticky bars is taken from *The Medicinal Chef: The Power of Three* by Dale Pinnock, photography by Martin Poole, published by Quadrille. (RRP £20.)





Citrus energy bites

By Harriet Smith (www.harrietemily.com)
Makes **about 12** | *Prep* **10 mins** |
Cook **none** | *Calories* **100** *(per bite)*

70g (½ cup) plain mixed nuts

8 Medjool dates (approximately 115g)

30g (¼ cup) goji berries

50g (¼ cup) unsulphured dried apricots

2½ tbsp almond butter

2 tbsp shelled hemp seeds

2 tbsp milled flaxseed

2 tsp hemp protein powder

1 tsp orange extract

1 tsp lemon extract

pinch salt

1. Add the nuts, dates, goji berries, apricots, almond butter, hemp seeds, flaxseed, hemp protein, orange extract, lemon extract and salt into a food processor. Blend all the ingredients together for a couple of minutes or so, until the mixture has broken down and sticks together between your fingers when you pinch it.
2. When this is done, take a small handful of the mixture at a time and press it into a ball. Repeat until all the mixture has been used up, it should make about 12 bites.
3. Serve and enjoy!

5g	0.6g	0.03g	8.8g	2.7g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate banana bircher muesli

By Lisa Roukin (www.www.myrelationshipwithfood.com)
Serves **4-6** | *Prep* **20 mins** *plus overnight soaking* |
Cook **none** | *Calories* **440** *(per serving)*

250g (1⅔ cups) gluten free rolled oats, sifted

2 bananas, mashed

1 apple, grated (I used Pink Lady)

700ml (3 cups) almond milk, unsweetened, plus an extra 100ml (½ cup), if needed

1 tbsp chia seeds

2 tbsp flaxseed, sunflower and pumpkin seed mix

1 tsp cinnamon

1 tbsp raw cacao, or cocoa powder

2 pinches sea salt

3-4 tbsp agave nectar

70g (⅔ cup) pecans, chopped

GARNISH

25g (⅓ cup) coconut chips, toasted

6 strawberries, sliced, or 100g (⅔ cup) blueberries

25g (¼ cup) vegan dark chocolate shavings

1. In a large mixing bowl, add the oats, seeds, cinnamon, cocoa powder and sea salt. Mix together until thoroughly coated in the cocoa powder.
2. Add the almond milk to the oats with the agave nectar. Mash the bananas until completely smooth, and then stir into the oats with the grated apple. Add the chopped pecans to the mixture and stir until thoroughly combined.
3. Cover and leave to thicken in the fridge overnight.
4. When ready to serve, remove from the fridge and give it a good stir. If you need to loosen the mixture, you can add a little more almond milk. Serve in bowls topped with chocolate shavings, toasted coconut and berries.

19.3g	4.7g	0.4g	21.4g	10.2g
Total fat	Saturates	Salt	Sugar	Protein



Baby spinach, pomegranate and grapefruit salad

By Natalia Mantur (www.eatandtravelglutenfree.com)
Serves **2** | *Prep* **10 mins** | *Cook* **0 mins** | *Calories* **219** *(per serving)*

1 orange, peeled and sliced
1 grapefruit, peeled and sliced
3 handfuls baby spinach
handful radish sprouts
handful pomegranate seeds
handful pumpkin seeds, toasted
handful sesame seeds, toasted
3 tbsp pumpkin oil
a pinch of freshly grated nutmeg
sea salt
freshly ground black pepper

1. In a large bowl, toss the spinach, orange and grapefruit together with the pumpkin oil. Season with nutmeg, salt and pepper, toss again to combine.
2. Divide and arrange the salad on two individual plates. Sprinkle over the pomegranate, sesame and pumpkin seeds, then scatter the radish sprouts on top.
3. Serve immediately.

8.9g	1.7g	0.1g	19.4g	6.1g
Total fat	Saturates	Salt	Sugar	Protein



Lentil and aubergine ragù

By Waitrose (www.waitrose.com)
Serves **2** | *Prep* **10 mins** | *Cook* **25 mins** | *Calories* **654** *(per serving)*

2 tbsp olive oil
1 small aubergine, cut into 1cm (½in) pieces
1 red onion, finely sliced
2 garlic cloves, crushed
2 tomatoes, diced
180g dried vegan tagliatelle
250g (1¼ cups) Merchant Gourmet Tomatoey French Puy & Green Lentils
small handful basil leaves

1. Heat 1 tbsp oil in a large frying pan. Add the aubergine, season and fry for 10 minutes, stirring regularly, until golden. Tip onto a plate and set aside. Add the remaining 1 tbsp oil along with the onion and fry for 5 minutes, then add the garlic and fry for 3 more minutes. Stir in the diced tomatoes and cook for a further 2 minutes.
2. Meanwhile, cook the tagliatelle according to pack instructions, then drain.
3. Return the aubergine to the pan, then tip in the lentils. Fill the pouch halfway with water and pour into the pan.
4. Simmer gently until everything is warm, then stir through most of the basil. Serve the ragù over the tagliatelle with the remaining basil leaves scattered on top.

TIP This ragù also makes a delicious base for a vegan cottage pie – just tip into a small pie dish then top with a pack of mashed potato. Bake at 200°C/Gas Mark 6 for about 20 minutes or until piping hot.

18.4g	2.6g	1.6g	15.5g	11.7g
Total fat	Saturates	Salt	Sugar	Protein

Gluten-free frybread

By Sharon Lachendro

Makes **6** | *Prep* **8 mins** | *Cook* **20 mins** | *Calories* **172** *(per frybread)*

195g (1½ cups) gluten-free flour
64g (½ cup) cassava flour
1 tsp xanthan gum
7g (2 tsp) baking powder
½ tsp fine sea salt
240ml (1 cup) warm water
vegetable oil, for frying

2.8g	0.2g	0.5g	0g	1.8g
Total fat	Saturates	Salt	Sugar	Protein

1. In a large bowl, whisk together the gluten free flour, cassava flour, xanthan gum, baking powder and salt.
2. Stir in the water and mix until just combined. Use your hand to knead the dough together until it forms a ball.
3. Divide the dough into 6 balls. Cover the dough balls with cling film so they don't dry out.
4. Heat 2½cm (1in) of oil in a deep-sided cast-iron pan over a medium heat of between 177-191°C.
5. Roll 1 ball of dough out between two pieces of cling film until it's about 13-15cm (5-6 in) in diameter. When the oil is hot, remove the dough from the cling film and carefully lower it into the hot oil. Fry it until golden brown, then flip and fry the other side.
6. Repeat with the remaining dough balls, keeping them covered in cling film until ready to fry.
7. Drain the frybread on paper towels, then serve immediately with toppings of your choice.



This recipe is taken from The *Gluten-Free Quick Breads Cookbook* by Sharon Lachendro, published by Page Street Publishing. (RRP £15.99)



Okonomiyaki (savoury Japanese pancake)

By DK

Makes **10 pancakes** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **91** *(per pancake)*

300g (4¼ cup) shredded cabbage

175g (1½ cups) courgette, shredded

50g (⅓ cup) carrots, peeled, shredded

115g (1⅛ cups) spring onions, chopped

40g (⅓ cup) coconut flour

1 tsp arrowroot powder

400ml (1⅔ cups) light coconut milk

¼ tsp curry powder

¼ tsp sea salt

¼ tsp garlic powder

85g (⅓ cup) unsweetened apple sauce

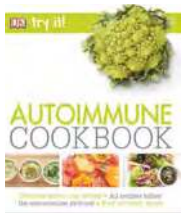
1 tbsp coconut oil

1. In a large bowl, combine the cabbage, courgette, carrots, and spring onions.
2. In a small bowl, combine the coconut flour, arrowroot powder, coconut milk, curry powder, salt, garlic powder, and apple sauce.
3. Pour the wet ingredients over the vegetable mixture and gently mix to combine.
4. Heat coconut oil in a large frying pan over a medium-high heat. Scoop large spoonfuls of batter into the hot pan.
5. Cook for 5 minutes. Carefully holding the pancakes together, flip and cook for another 5 minutes on the other side until golden brown.

TIP Top with coconut cream and garnish with additional spring onions.

5.8g	5.3g	0.1g	3.2g	1.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

This recipe is taken from *Autoimmune Cookbook* by DK, published by DK. (RRP £9.99.)





Superberry kale and roasted garlic bruschetta

By Seasonal Berries (www.seasonalberries.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **30 mins** | *Calories* **252** *(per serving)*

1 large garlic bulb

3 tbsp virgin olive oil

4 slices vegan sourdough bread, halved

75g (1⅛ cups) shredded kale, rinsed well with cold water and drained

100g (⅔ cup) blackberries

2 tbsp balsamic vinegar

2 tsp pomegranate molasses, optional

25g (⅛ cup) toasted hazelnuts, roughly chopped

sea salt flakes and coarsely ground black pepper

15g	1.9g	0.6g	3g	5.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

1. Preheat the oven to 190°C/Gas Mark 5. Place the whole, unpeeled garlic bulb onto a piece of foil, drizzle with 1 tbsp oil then wrap in the foil to enclose completely. Cook on a baking sheet for about 20-25 minutes, or until it feels soft when squeezed.
2. Unwrap the garlic, separate the cloves and peel away the skins. Finely chop the soft creamy garlic flesh to a rough paste or blitz in a food processor. Spoon into a small bowl.
3. Preheat a ridged frying pan, brush one side of all the pieces of bread with a little oil then toast in the hot pan, oiled side downwards for 2 minutes or until browned. Brush the tops with a little more oil then turn over and cook the second side. Wrap in a teacloth and keep hot.
4. Heat a non-stick frying pan, add the rinsed kale to the dry pan and cook for 2-3 minutes until just beginning to wilt. The water clinging to the kale will be enough to keep it from sticking. Add the blackberries, balsamic vinegar, pomegranate molasses, if using, and cook for 1 minute.
5. Spread the garlic purée over the griddled bread then top with the kale and blackberry mix and sprinkle with the toasted hazelnuts, salt flakes and pepper. Serve immediately.

TIP Double up and cook 2 garlic bulbs then keep the rest in a screw topped jar in the fridge up to 1 week. It's delicious added to stir fries, stews or soups.



Shepherd's pie

By Stacey Hogan (www.staceyhogan.com)
Serves **4** | *Prep* **10 mins** | *Cook* **40 mins** | *Calories* **651** *(per serving)*

FOR THE FILLING

594g (3 cups) cooked lentils
1 tbsp coconut oil
1 white onion, peeled, chopped
1 red onion, peeled, chopped
2 garlic cloves, peeled, chopped
1 tbsp grated ginger root
1 tbsp cumin
1 tbsp cinnamon
400g can (1⅔ cup) chopped tomatoes
1 tbsp agave syrup
360ml (1½ cup) vegan vegetable stock

FOR THE MASH

750g (3¾ cups) sweet potatoes, peeled and chopped
1 tsp cumin
100ml (½ cup) coconut milk
nutritional yeast (optional)
fresh coriander, to serve

1. Preheat the oven to 190°C/Gas Mark 5.
2. Add the coconut oil to a saucepan and gently fry the onions, ginger, garlic and spices until soft and tender.
3. Add the rest of the ingredients, bring to the boil and then simmer for 20-30 minutes.
4. Meanwhile add the sweet potatoes to a pan of boiling water, bring back to the boil and then simmer for 20 minutes, or until softened.
5. Drain the water from the pan of potatoes and add the rest of the ingredients. Mash until smooth.
6. Add the filling to a large baking dish (or 4 small dishes). Top with mash and a sprinkle of nutritional yeast.
7. Cook for 20 minutes and serve with fresh coriander.

12.1g	9g	0.1g	12.2g	30.6g
Total fat	Saturates	Salt	Sugar	Protein



Cheesy garlic mashed potatoes

By Harriet Smith (www.harrietemily.com)
Serves **2-4** | *Prep* **5 mins** | *Cook* **15 mins** | *Calories* **269** *(per serving)*

600g baking potatoes
80ml (⅓ cup) Oatly oat cream
3 tbsp non-dairy buttery spread
4 tbsp nutritional yeast flakes
2 garlic cloves, peeled, crushed
½ tsp salt
freshly ground black pepper, to taste

1. Peel and chop the potatoes into small cubes. Add them to a large pan and cover with water. Place the pan over a medium-high heat, bring to the boil and cook for about 15 minutes or, until they are soft.
2. While the potatoes are cooking, add the oat cream, dairy-free spread, yeast flakes, garlic, salt and pepper to a large mixing bowl and set aside.
3. When the potatoes have cooked, remove them from the heat and drain. Then, using a spoonful at a time, press them through a ricer and into the mixing bowl, until everything has been used. Using a spoon, stir all the ingredients together until completely smooth.
4. Scoop the cheesy mashed potato into a bowl, or onto plates to serve as part of a main meal.

10.1g	3.2g	0.9g	1.4g	8.3g
Total fat	Saturates	Salt	Sugar	Protein



Greek new potato salad

By Theo Michaels

Serves **6** | *Prep* **5 mins** | *Cook* **10 mins** | *Calories* **227** *(per serving)*

1kg waxy new potatoes, such as Charlotte
small knob vegan margarine
60ml (¼ cup) olive oil, for dressing
1 tbsp cider vinegar
freshly squeezed juice of ¼ lemon
2 garlic cloves, crushed to a paste
pinch Greek dried oregano
handful fresh mint leaves
½ red onion, peeled, finely sliced
salt and freshly ground black pepper

1. Bring a large pan of salted water to the boil and cook the new potatoes for about 10 minutes, or until you can pierce them with a knife with little resistance. Drain and throw in the vegan margarine while they steam dry.
2. Mix together the olive oil, vinegar, lemon juice, garlic and oregano, and generously add some salt and pepper. Pour this dressing over the potatoes, ensuring they are well coated, then finely slice half the mint and add to the potatoes with the onion.
3. When you're ready to serve, move the potatoes to a clean serving dish, leaving any excess liquid behind.
4. Taste to ensure the seasoning and tartness is right (we call this 'chef's privileges'!) and scatter the remaining whole mint leaves over the top.

10.5g	1.6g	0.1g	0.6g	2g
Total fat	Saturates	Salt	Sugar	Protein

Spicy vegetable buckwheat bowls

By Harriet Smith (www.harrietemily.com)

Serves **about 6** | *Prep* **15 mins** | *Cook* **40 mins** | *Calories* **243** *(per serving)*

FOR THE BUCKWHEAT

150g (1 cup) buckwheat

480ml (2 cups) water

½ tsp salt

FOR THE VEGETABLES

1 courgette

1 red pepper

1 onion, peeled

1 carrot, peeled

½ (365g) butternut squash

1 tbsp oil of choice

FOR THE SAUCE

4 tbsp tomato purée

4 tbsp rose harissa paste

3 tbsp passata

2 tbsp extra-virgin olive oil

1 tbsp tahini

1 large garlic clove, peeled

2 tsp smoked paprika

1 tsp chilli powder

½ tsp salt

1 tsp ground cumin

½ tsp cinnamon

freshly ground black pepper, to taste

1. Preheat the oven to 220°C/ Gas Mark 7.
2. Peel and chop the vegetables into chunks, place them on a tray and drizzle with oil. Stir the vegetables into the oil so that they're evenly coated. Cook for about 25 minutes, until soft.
3. Boil the water in a large pan over a medium heat. When the water boils, add ½ tsp salt and the buckwheat then cook for about 15-20 minutes depending on the texture you want.
4. While these are cooking, make the sauce. Add the olive oil, tomato purèe, harissa paste, tahini, passata, garlic, paprika, chilli, salt, cumin, cinnamon and pepper to a blender – I used a NutriBullet – and blend until everything is smooth.
5. When the vegetables have cooked, remove them from the oven and set aside. When the buckwheat has cooked, remove it from the heat, drain and place it in a large mixing bowl. Next, add in the vegetables, and stir them into the buckwheat.
6. When this is done, either stir the sauce into the vegetable mixture, or pour it into a separate bowl, and drizzle onto each separate serving to finish.

9.7g	1.4g	0.8g	7.1g	6.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*





Oven-baked vegetables with harissa

By Theo Michaels

Serves **6** | *Prep* **10 mins** | *Cook* **1 hr 30 mins** | *Calories* **191** *(per serving)*

2 aubergines

3 potatoes

1 red onion, peeled

3 courgettes

1 marrow

generous pinch Greek dried oregano

small handful freshly chopped flat leaf parsley

2 tbsp harissa paste

3 dried bay leaves

200g can (¾ cup) chopped tomatoes, or passata

salt and freshly ground black pepper

olive oil, for drizzling

1. Preheat the oven to 180°C/Gas Mark 4.
2. Slice the aubergines, potatoes, onion, courgettes and marrow into 1.25cm (½in) discs, and put in a mixing bowl.
3. Drizzle in a few good glugs of olive oil and add the oregano, parsley, harissa paste and bay leaves. Fold everything through, ensuring all the ingredients have been touched by the oil and harissa. Season well and transfer to a roasting pan or ceramic ovenproof dish.
4. Scatter the chopped tomatoes or passata over the top. Cook uncovered in the preheated oven for about 1½ hours. Use a large spoon to gently turn over the vegetables after 1 hour to ensure even cooking and return to the oven.

TIP I find this does vary slightly in cooking times, depending on the thickness of vegetables, the season, etc, but it's never taken less than 1 hour or more than 1½ hours to cook. Feel free to remove it from the oven before 1½ hours is up if it everything is cooked.

3.3g	0.4g	0.3g	9.7g	5.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



The recipes on pages 84, 87 and 94 are taken from *Orexi! Feasting At The Modern Greek Table* by Theo Michaels, photography by Mowie Kaye, published by Ryland Peters & Small. (RRP £16.99.) This book contains non-vegan recipes.

Mini black bean chimichangas with avocado dip

By Áine Carlin

Serves **2-3** | *Prep* **10 mins** | *Cook* **26 mins** | *Calories* **523** *(per serving)*

75ml (⅓ cup) olive oil

6 taco-sized tortillas

FOR THE REFRIED BLACK BEANS

1 tbsp olive oil

1 onion, peeled, finely chopped

1 garlic clove, peeled, minced

300g (1½ cups) canned black beans, with their liquid

1 bay leaf

1 tbsp minced pickled jalapeños

sea salt flakes and black pepper

FOR THE AVOCADO DIP

½ ripe avocado

1 tbsp plain coconut or soya yoghurt

1 tbsp tahini

juice of ½ lime

1 garlic clove, minced

sea salt flakes and black pepper

TO MAKE THE REFRIED BEANS

1. Heat the olive oil in a saucepan over a medium heat. Add the onion, season and sweat for 2-3 minutes, or until translucent.
2. Add the garlic to the pan and sautèe until aromatic, then add the black beans and their liquid together with the bay leaf and jalapeños. Season generously and simmer for 20 minutes until the mixture is relatively thick and the beans have softened further. Then remove from the heat and roughly mash, leaving a few beans whole for texture. Set aside until needed.

TO MAKE THE AVOCADO DIP

1. Place the avocado, yoghurt, tahini, lime juice and garlic in a blender. Season, add a splash of water and blend until completely smooth. Refrigerate until needed.

TO MAKE THE CHIMICHANGAS

1. Heat the olive oil in a small frying pan over a medium-high heat. Add a small piece of tortilla to check the temperature – if it is crispy and golden after 30 seconds then the oil is at the right temperature for frying.
2. Place a tortilla on a work surface, add a spoonful of the black bean mixture to the lower half and tuck in both sides before folding over the nearest edge. Carefully, but firmly, roll the tortilla up into a log and dampen the edges with a little water to secure. Repeat with the remaining tortillas and filling.
3. Carefully lower the chimichangas into the hot oil in batches and fry for 2-3 minutes on each side until crispy and golden. Be careful not to overcrowd the pan. Remove from the pan and drain on a plate lined with kitchen paper, then serve immediately alongside the avocado dip.

29.9g	4.1g	0.9g	5.2g	14.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



This recipe is taken from *Cook Share Eat Vegan: Delicious Plant-based Recipes For Everyone* by Áine Carlin, photography by Danielle Wood, published by Mitchell Beazley. (RRP £20.)





Gourmet gratin

By Brett Cobley

Serves **4** | *Prep* **10 mins** *plus resting* | *Cook* **1 hr 30 mins** | *Calories* **463** *(per serving)*

vegan margarine, for greasing

1kg new potatoes, cut into 2mm (0.1in) slices

olive oil, for frying

2 shallots, peeled, thinly sliced

2 garlic cloves, peeled, halved

pinch of grated nutmeg

500ml (2 cups) soya or oat cream (see tip)

2 tsp Dijon mustard

100g (1¾ cups, grated) vegan cheese (optional)

salt and black pepper

FOR THE RED PEPPER AND BUTTERNUT PURÉE

200g (1 cup) butternut squash cubes

1 red pepper, deseeded and roughly chopped

TO SERVE

steamed broccoli

Dijon mustard

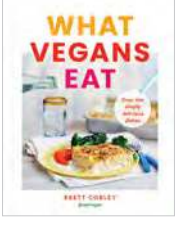
1. Preheat the oven to 180°C/Gas Mark 4. Grease the base of a 25x15cm (10x6in) baking tin.
2. Rinse the potato slices in a large bowl of water, then drain and wrap in a tea towel.
3. Heat the olive oil in a frying pan over a medium heat and fry the shallots and garlic for a couple of minutes until they have softened.
4. Heat the soya or oat cream in a pan until bubbles start to form and the cream is close to boiling point. Remove from the heat and stir in the Dijon mustard.
5. Layer half the potato slices in the greased tin, slightly overlapping the slices and sprinkling with a little of the vegan cheese, if using, and salt and pepper between each layer. Halfway through, pour half the liquid over the potatoes, then finish layering the rest of the potatoes.
6. Pour over the remaining liquid, top with more vegan cheese and a sprinkle of nutmeg.
7. Cover the baking tin with foil and bake in the oven for 1 hour. Remove the foil and cook for another 20 minutes. Leave to rest for 5-10 minutes.

TO MAKE THE RED PEPPER AND BUTTERNUT PURÉE

1. Blend all the ingredients together in a blender, then transfer to a small pan and heat for 10 minutes.
2. Serve the gratin with the purée on the side, along with some steamed broccoli and mustard.

TIP You can substitute the soya or oat cream for 600ml (2⅛ cups) cashew milk, thickened over a low heat for 20 minutes.

31.1g	6.7g	1g	4.2g	5.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



This recipe is taken from *What Vegans Eat* by Brett Cobley, photography by Andrew Burton, published by HarperCollins. (RRP £16.99.)

Stuffed squash

By James Wythe (www.healthylivingjames.co.uk)

Serves **4** | *Prep* **20 mins** | *Cook* **1 hour** | *Calories* **300** *(per serving)*

1 large butternut squash
100g (⅔ cup) vacuum packed chestnuts
50g (½ cup) pecans
50g (⅓ cup) dried apricots
150g (1¾ cups) mushrooms, chopped
2 garlic cloves, peeled, crushed
1 sprig rosemary, finely chopped
3 sage leaves, chopped
400g can lentils, drained and rinsed (265g drained, 1⅓ cups)
1 tbsp tamari
1 red onion, peeled
2 tbsp maple syrup
2 tbsp dried cranberries
handful of kale, or spinach

1. Preheat the oven to 200°C/Gas Mark 6.
2. Carefully slice a large butternut squash down the middle and place on a baking tray. Bake in the oven for 45 minutes.
3. When the squash has 20 minutes left, prepare the stuffing.

TO MAKE THE STUFFING

1. In a blender, add the chestnuts, pecans and apricots, and pulse into crumbs.
2. To a pan, add 2 tbsp oil, the garlic, mushrooms, chopped rosemary and sage with a pinch of salt and pepper, and cook down for a couple minutes.
3. Now add the lentils, tamari and nuts, and stir. Cook together for another 5 minutes.
4. In a separate small pan, add a chopped red onion and sweat down for a couple minutes before adding the maple syrup and dried cranberries. Cook for a further 5 minutes.
5. Once the squash is roasted, scoop out the seeds with a spoon and discard. Now scoop an even track from where the seeds were on both halves of the squash to allow space for stuffing. Add the scooped squash into the lentil stuffing and mix.
6. Stuff the squash with all the lentil stuffing, top with the onions and kale and put the lid on. Carefully tie string round the squash, pulling it tight to hold it together.
7. Place the squash back in the oven for 15 minutes.
8. Remove from the oven, slice with a sharp knife and serve.

TIP You can also cook this the day before serving. Simply reheat in the oven for 20-25 minutes.

10g	1.1g	0.6g	14.4g	11.1g
Total fat	Saturates	Salt	Sugar	Protein





Giant baked beans in tomato sauce

By Theo Michaels

Serves **6** | *Prep* **2 hrs 10 mins** *plus soaking overnight* | *Cook* **2 hrs 25 mins** | *Calories* **199** *(per serving)*

340g (2 cups) butter beans, soaked for 24 hours
½ onion, peeled, diced
1 small carrot, peeled, diced
3 garlic cloves, peeled
1 tbsp smoked paprika
1 tsp ground cumin
1 tsp ground coriander
generous pinch Greek dried oregano
125ml (½ cup) vegan Retsina wine, or vegan dry white wine
250ml (1 cup) passata
1 tbsp tomato purée
pinch dried chilli
pinch sugar
small handful fresh flat leaf parsley
500ml (2⅛ cups) water
small handful fresh dill
60ml (¼ cup) olive oil, plus extra for cooking
salt and freshly ground black pepper
vegan crusty bread, to serve

10.3g	1.5g	0.1g	2.8g	5.2g
Total fat	Saturates	Salt	Sugar	Protein

1. Preheat the oven to 180°C/Gas Mark 4.
2. After soaking the beans overnight, drain and put them in a pan with fresh water. Bring to the boil and simmer for about 2 hours until cooked without any crunch. I usually do this a day or two before.
3. Heat a little olive oil in a pan, add the diced onion and carrot, and cook gently for about 10 minutes until nice and soft. Add the garlic and let it warm through for a minute before adding the smoked paprika, cumin, coriander and oregano. Stir through to ensure everything is coated and then add the wine. Simmer and reduce by two-thirds.
4. Now add the cooked beans, passata, tomato purée, dried chilli flakes, sugar, half the parsley and some salt and pepper. Finally, top with the water to ensure the beans are completely covered.
5. Bring it to a simmer, then pour into a casserole dish and cook in the preheated oven, loosely covered, for about 2 hours. Check periodically to ensure the beans haven't dried out; it should be thick.
6. Once it's cooked, add the remaining parsley and the dill, and fold through the olive oil. Taste for seasoning and add salt and pepper if necessary. Leave to cool to room temperature and enjoy with plenty of crusty bread for mopping up the sauce.

TIP At a push, and if your life depended on it, you could use canned beans, you philistine you! The oven cooking time remains the same.



Save some for me!

Cakes and Puddings

RECIPES

Mouthwatering desserts to satisfy the sweetest tooth!



Cookies and cream cheesecake

By Holly Jade (www.thelittleblogofvegan.com)

Serves **10** | *Prep* **20 mins** *plus freezing* | *Cook* **none**| *Calories* **695** *(per serving)*

FOR THE BASE

160g chocolate sandwich cookies (I use Choc'o Oreo alternatives)

60g (¼ cup) vegan butter, melted

2 tbsp coconut oil

FOR THE FILLING

180g (1⅓ cups) cashew nuts, soaked overnight and drained

2x 400ml cans coconut cream, cream part only

5 tbsp maple syrup

1 tsp vanilla bean paste

2 tbsp coconut oil, melted

4 cookies, crushed

FOR THE DECORATION

crushed cookies

vegan white chocolate, melted, eg iChoc

coconut cream

58.5g Total fat | 32.2g Saturates | 0.2g Salt | 14.5g Sugar | 8.6g Protein

TO MAKE THE BASE

1. Line a medium-sized cake tin with greaseproof paper.
2. Place the cookies into a food processor or blender and whizz up until crumbly, but not too fine.
3. Gently melt the vegan butter and coconut oil.
4. In a bowl, add in the crushed cookies and pour over the melted vegan butter and coconut oil and mix until it resembles wet sand.
5. Press the mixture into the lined cake tin, making sure you pack it in using a spoon or your clean hands. Place the mixture in the freezer while you make the filling.

TO MAKE THE FILLING

1. Drain the cashew nuts and place them into a food processor or blender along with the coconut cream, maple syrup, vanilla and melted coconut oil.
2. Whizz on high for around 5 minutes, or until smooth. Add a splash of water, if needed.
3. Fold in the crushed cookies until well combined.
4. Pour the filling into the base, level with a spoon or offset spatula, sprinkle over the crushed cookies and pop back into the freezer to set. Allow the cheesecake to set fully. This will take around 24 hours. (I leave mine to set overnight.)
5. Store in a sealed container in the freezer and defrost fully before you serve the cake.

TIP I serve my cheesecake edged with coconut cream stars and a drizzle of melted vegan white chocolate.



Blackberry cream cake

By Hanna Sillitoe (www.beyondfit.co.uk)
Serves **10** | *Prep* **10 mins** *plus freezing* |
Cook **none**| *Calories* **444** *(per serving)*

FOR THE BASE

200g (1 1/3 cups) dried, chopped dates

75g (½ cup) almonds

75g (½ cup) brazil nuts

3 tbsp melted coconut oil

FOR THE TOPPING

200g (1½ cups) cashews, soaked in water for 1-2 hours

400ml tin (1⅔ cups) coconut milk

150g (1 cup) blackberries

2 tbsp maple syrup

3 tbsp melted coconut oil

1. Blitz the base ingredients together until they resemble a breadcrumbs and press into a flapjack tin lined with greaseproof paper. Place in the freezer.
2. Blitz the topping ingredients together to form a blackberry cashew cream. The more powerful your processor, the creamier and smoother your topping will be. I use a Ninja blender to create a smooth, creamy consistency.
3. Pour the topping onto the frozen cake base and place back in the freezer to set. This should take approximately 1-2 hours.
4. Remove from the freezer and allow to thaw a couple of hours before serving.
5. Decorate with a fresh blackberries and rose petals, if liked.

36g	18.9g	trace	18.7g	7.4g
Total fat	Saturates	Salt	Sugar	Protein



Cacao truffles

By Stacey Hogan (www.staceyhogan.com)
Makes **9** | *Prep* **10 mins** *plus soaking* |
Cook **none**| *Calories* **286** *(per truffle)*

450g (2½ cups) pitted dates

1 tbsp maple syrup

5 tbsp coconut oil

100g (1 cup) ground almonds

1 unwaxed orange, zest and juice

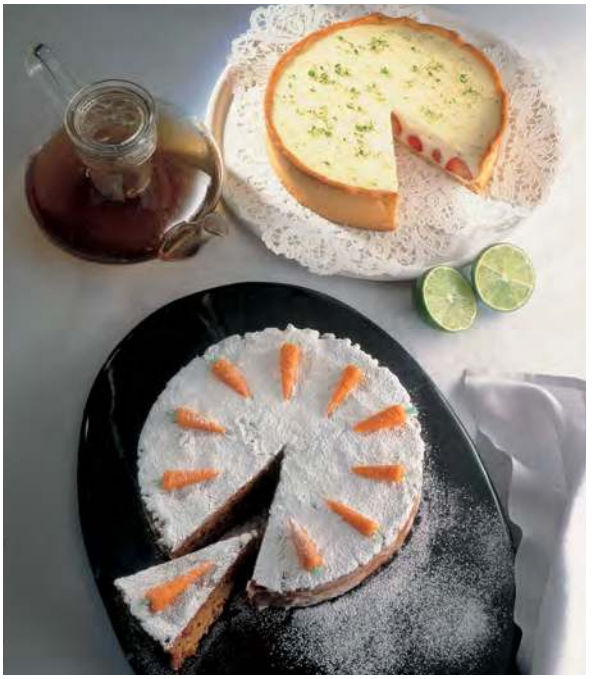
1 tbsp cacao

OPTIONAL TOPPINGS

sea buckthorn powder, blueberry powder, ground almonds, sesame seeds

1. Soak the dates in water and leave for at least 4 hours.
2. Drain the dates then add to a food processor along with the rest of the truffle ingredients. Pulse until well combined, thick and smooth.
3. Divide into balls then roll in your choice of toppings.

11.6g	7.2g	0g	30.4g	4.3g
Total fat	Saturates	Salt	Sugar	Protein



Carrot cake

By Jane Hughes

Serves **10** | *Prep* **10 mins** | *Cook* **1 hr 15 mins** | *Calories* **217** *(per serving)*

225g (2 cups, grated) carrots

225g (1¾ cups) self-raising flour

1 tbsp cinnamon

1 tsp nutmeg

115g (½ cup) vegan margarine

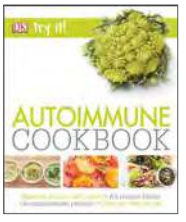
115g (⅓ cup) maple syrup

115g (½ cup) sugar

1. Preheat the oven to 170°C/Gas Mark 3. Grease a large, round springform cake tin.
2. Peel and grate the carrots. Sift the flour and spices together in a large mixing bowl. Melt the vegan margarine in a small saucepan, add the maple syrup and sugar and stir over a gentle heat until the sugar is dissolved. Pour the sugar and vegan margarine mixture into the spiced flour, add the carrots and mix well.
3. Spoon the mixture into the cake tin and bake for about 75 minutes, until a skewer inserted into the centre of the cake comes out clean. Allow the cake cool in the tin for 10 minutes before turning out.
4. Decorate with icing sugar and tiny carrot decorations, if available.

TIP The secret to success is the long, slow bake for this cake – keep the oven temperature low and be patient!

The recipe for the caramel coconut macaroons is taken from *AutoImmune Cookbook* by DK, published by DK. (RRP £9.99.)



The recipe for the carrot cake is taken from *The Vegetarian Year* by Jane Hughes, published by Modern Books. (RRP £20.)



7.4g	1.7g	0.04g	19.5g	2.7g
Total fat	Saturates	Salt	Sugar	Protein



Caramel coconut macaroons

By DK

Makes **16** | *Prep* **5 mins** *plus cooling* | *Cook* **15 mins** | *Calories* **82** *(per serving)*

90g (1⅛ cups) unsweetened desiccated coconut

2 tbsp coconut oil

2 tbsp coconut flour

1 tbsp vanilla extract

50ml (¼ cup) maple syrup

¼ tsp sea salt

50ml (¼ cup) vegan caramel syrup, eg Biona caramel agave syrup, Sweet Freedom fruit syrup

1. Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with baking parchment.
2. In a food processor, combine the desiccated coconut, coconut oil, coconut flour, vanilla extract, maple syrup, and sea salt. Process for 30 seconds or until the ingredients are well combined and have the texture of wet sand.
3. Using a tablespoon, scoop the batter onto the baking tray.
4. Bake for 10 minutes. Rotate the pan and bake for another 5 minutes, or until golden brown.
5. Allow to cool on the tray for about 5-10 minutes before transferring to a wire rack. When completely cool, drizzle with caramel syrup. Store in an airtight container for up to 1 week.

5.4g	4.6g	trace	5.5g	0.6g
Total fat	Saturates	Salt	Sugar	Protein



Granola chocolate brownies

By Lisa Roukin (www.myrelationshipwithfood.com)

Makes **20** | *Prep* **30 mins** *plus freezing* | *Cook* **5 mins** | *Calories* **247** *(per serving)*

250g (1⅔ cups) rolled jumbo oats (gluten free if required)

500g (3 cups) pitted Medjool soft dates, soaked in hot water if hard

25g (¼ cup) raw cacao powder, or cacao powder

½ tsp pure vanilla bean extract

¼ tsp sea salt, crushed

FOR THE CHOCOLATE LAYER

200g (1½ cups) vegan dark chocolate, melted

FOR THE GRANOLA TOPPING

200g (2 cups) gluten free vegan granola, chopped dried apricots, banana chips, raisins, chia seeds

1. Line a 23cm (9in) square tin with baking paper.
2. In a food processor, process the oats into a fine, sandy consistency with a slight rough texture. Remove from the food processor. Add the pitted dates and process until finely chopped and smooth. Add the ground oats, cacao powder, vanilla and sea salt, and process until thoroughly combined. Keep scraping down the sides, and breaking up the mixture, until it forms a ball.
3. When the mixture has come together in a ball, remove from the food processor and place in the lined tin. I wear disposable gloves at this point to evenly press the mixture into the prepared square pan until smooth, or you can use the back of a large spoon, to help flatten.
4. Place in the freezer for about 10 minutes.
5. Meanwhile, make the chocolate layer. Melt the chocolate in a glass bowl over a bain-marie or in a microwave. When the chocolate is melted, remove the base from the freezer, pour over the melted chocolate and spread out evenly.
6. Scatter the granola over the chocolate layer and place either in the freezer or fridge to set.
7. When you're ready to cut the brownies, run hot water over a knife for a minute or so, wipe quickly with a towel, and carefully cut away the edges, then cut into 20 slices. Store, covered, in the refrigerator until ready to serve. The brownies will keep, covered, in the refrigerator, for up to 5 days.

TIP Store any leftovers in the fridge for a chocolate treat anytime. This makes a great pick-up snack when collecting the little ones from school.

7.9g	2.7g	0.08g	21.1g	4.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Blueberry and lemon drizzle cake

By Brett Cobley

Serves **8** | *Prep* **15 mins** | *Cook* **45 mins** | *Calories* **438** *(per serving)*

vegan oil spray

250g (2 cups) plain flour, plus extra for dusting

360ml (1½ cups) soya milk, or oat milk

2 tsp white or apple cider vinegar

160ml (⅔ cup) melted coconut oil

125ml (½ cup) Earl Grey, or breakfast tea

2 tsp vanilla extract

250g (1 cup) unsweetened apple sauce

200g (1 cup) sugar

2 tsp bicarbonate of soda

1 tsp baking powder

¼ tsp salt

150g (1 cup) blueberries, plus extra to decorate

FOR THE DRIZZLE

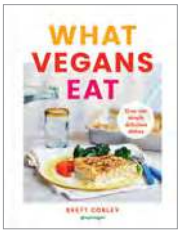
125ml (½ cup) lemon juice, plus unwaxed zest to decorate

100g (½ cup) caster sugar

5 tbsp icing sugar

1. Preheat the oven to 180°C/Gas Mark 4.
2. Lightly spray a 20cm (8in) cake tins with non-stick spray. Dust with flour, shake out the excess and set aside.
3. Mix the non-dairy milk and vinegar in a large bowl, and leave for a few minutes to activate. Then add the oil, tea, vanilla extract and apple sauce and beat until foamy.
4. Slowly sift the flour, sugar, bicarbonate of soda, baking powder and salt over the wet ingredients, while mixing with a hand-held or standing mixer. Beat until no large lumps remain.
5. Pour the batter into the cake tin. Evenly scatter with the blueberries and press them down with a fork. Bake for 40 minutes, until a knife inserted into the centre comes out clean. If it needs longer, return to the oven and check after 5 minutes.
6. Meanwhile, prepare the drizzle. Warm the lemon juice and caster sugar in a small pan over a low heat, and stir until the sugar has dissolved. Set aside.
7. When the cake is ready, poke holes into the cake with a toothpick. Pour half of the drizzle mixture over the top and spread it with a knife, letting it soak in. Return the rest of the mixture to the heat, add the icing sugar and stir in until it becomes a white mixture.
8. Remove the cake from the tin and pour over the icing mixture evenly, letting it drip down the sides. Scatter over some lemon zest and blueberries to decorate.

19.8g	16.2g	1g	38.2g	5.7g
Total fat	Saturates	Salt	Sugar	Protein



This recipe and the one for the chocolate and cherry tart overleaf are taken from *What Vegans Eat* by Brett Cobley, photography by Andrew Burton, published by HarperCollins. (RRP £16.99.)





Chocolate and cherry tart

By Brett Cobley
Serves **10** | *Prep* **10 mins** *plus chilling* |
Cook **5 mins** | *Calories* **476** *(per serving)*

FOR THE CRUST

100g (½ cup) vegan margarine

300g vegan digestive biscuits, crushed to fine crumbs (use Lotus Biscoff for the best results)

FOR THE FILLING

200g (1½ cups) vegan dark chocolate, broken into chunks

125ml (½ cup) melted coconut oil

½ x 400ml tin coconut milk

1 tsp vanilla extract

250g (1 generous cup) frozen pitted cherries

1 tbsp cocoa powder, for dusting

1. Melt the margarine in a pan over a very low heat, then add the crushed biscuits and stir to combine. Use a little extra margarine to grease a 23cm (9in) tart tin and press the biscuit margarine mix into the tin. Press it down firmly, ensuring you cover the tin evenly, then pop it in the fridge.
2. Combine the dark chocolate, coconut oil, coconut milk and vanilla extract in a pan over a low heat and cook, stirring occasionally. Once all the chocolate has melted, pour it over the biscuit base.
3. Place the cherries in the mixture, arranging them evenly over the surface of the tart, adding them until the mixture has risen level to the tin edge.
4. Leave the mixture to cool in the fridge for at least 3 hours before trimming the edges. Remove the tart from the tin and dust with cocoa powder before cutting into slices.

36.6g	23.1g	0.3g	19.9g	4.6g
Total fat	Saturates	Salt	Sugar	Protein



Five ingredient chocolate mousse

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)
Makes **2** *small bowls* | *Prep* **10 mins** *plus chilling* |
Cook **none** | *Calories* **299** *(per serving)*

1 ripe avocado, peeled and stoned

1 ripe small banana

2-6 soft unsweetened pitted dates, to taste

30g (⅓ cup) raw cacao powder

½ tsp vanilla extract

TO SERVE

fresh berries, cacao nibs

1. Blend the ripe avocado in food processor until it's relatively smooth.
2. Add the dates and banana and continue to blend until all the ingredients are combined.
3. Add the cacao powder and vanilla. Blend until smooth.
4. Spoon into two serving bowls. Top with fresh berries and a sprinkle of cacao nibs, if liked.
5. Store in the fridge until ready to eat.

TIP I used two small dates but feel free to add up to six.

18.5g	4.9g	trace	16.3g	7.2g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate and strawberry cake

By Veronica Lavenia (www.veronicalavenia.com)

Serves **8-10** | *Prep* **20 mins** *plus cooling* | *Cook* **45 mins** | *Calories* **383** *(per serving)*

2 ripe bananas, peeled, mashed

100g (½ cup) coconut sugar

100ml (½ cup) brown rice milk (or other plant-based milk)

100ml (½ cup) sunflower oil

1 tsp ground cinnamon

200g (1½ cups) vegan dark chocolate, melted

1 tbsp cocoa powder

300g (2¼ cups) stone ground brown rice flour

1 tsp baking powder

3 tbsp sugar-free strawberry jam

a handful of strawberries

1. Preheat the oven to 180°C/Gas Mark 4.
2. In a bowl, mix the mashed bananas with the coconut sugar, brown rice milk, sunflower oil and cinnamon. Add 3 tbsp of the melted chocolate and mix to combine.
3. In another bowl, mix the flour, cocoa powder and baking powder.
4. Pour the dry ingredients into the wet ingredients a little by little, then mix quickly. Add the strawberry jam and pour the dough into a 20cm (8in) baking tin or mould.
5. Bake in the oven for 35 minutes. Remove from the oven and allow to cool.
6. Once cool, cover the cake with the remaining melted chocolate and a few strawberries before serving.

16.5g	5.3g	trace	14g	4.2g
Total fat	Saturates	Salt	Sugar	Protein

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Sweet Treats

RECIPES

These yummy goodies are just perfect for sharing!

Baked doughnuts with chocolate glaze

By Anna Wierzbińska (www.annabanana.co)
Makes **12** | *Prep* **10 mins** *plus cooling* |
Cook **15 mins** | *Calories* **201** *(per doughnut)*

256g (2⅛ cups) wholemeal flour
2 tsp baking powder
½ tsp salt
½ tsp cinnamon
120ml (½ cup) maple syrup
125g (½ cup) almond yoghurt
250ml (1 cup) almond milk
1 tsp vanilla bean paste
100g (¾ cup) vegan dark chocolate, melted

1. Preheat the oven to 200°/Gas Mark 6. Lightly grease a doughnut tin with a little oil and set aside.
2. In a large bowl, combine the wholemeal flour, baking powder, cinnamon and salt. In a separate bowl, mix together the maple syrup, almond yoghurt, almond milk and vanilla paste. Add the wet ingredients to the dry, and mix until just combined.
3. Transfer the batter into a piping bag and pipe it into the prepared moulds. Bake in the oven for 15 minutes. Remove from the oven and allow to cool for about 10 minutes, meanwhile melt the chocolate.
4. Dip the doughnuts into the melted dark chocolate to create the glaze. Use some decorative vegan sprinkles, if desired.

6.1g	3.1g	0.3g	13.7g	4.1g
Total fat	Saturates	Salt	Sugar	Protein



Raspberry & mango lassi cheesecake

By Rachel Smith (www.rawberryfields.co.uk)

Serves **12** | *Prep* **30 mins** | *Cook* **none** | *Calories* **387** *(per serving)*

FOR THE CAROB BROWNIE BASE

40g (1/3 cup) walnuts

40g (1/3 cup) Brazil nuts

1 cup (roughly 9-10) Medjool dates

2 tbsp maple syrup

3 tbsp carob powder

1-2 tbsp water

FOR THE RASPBERRY AND ROSEWATER CHEESECAKE

150g (1 cup) cashews (soaked overnight)

80ml (1/3 cup) maple syrup

60ml (¼cup) liquid coconut oil

1 tsp vanilla bean paste

95g (¾ cup) fresh or frozen (but slightly thawed) raspberries

60ml (¼ cup) water

3-4 tbsp rosewater (you may need more or less depending on what brand you have)

FOR THE MANGO LASSI CHEESECAKE

200g (1½ cups) of cashews (soaked overnight)

180ml (¾ cup) coconut cream

1 tsp vanilla bean paste

2 tbsp coconut oil

60ml (¼ cup) water

165g (1 cup) fresh or frozen ripe, juicy mangoes

maple syrup (optional)

30g	13.9g	trace	16.5g	6.9g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

FOR THE CAROB BROWNIE BASE

1. Place the nuts in a food processor and pulse until they are roughly chopped into small pieces. Add the dates and pulse until combined. Pour in maple syrup and carob powder and pulse to combine.
2. Add the water and pulse again until the mixture comes together in a dough like substance. Pour the mixture into a 15cm (6in) cake tin 7.5cm (3in) deep, then press the mixture into the bottom. If it is sticky, wet your fingers slightly and use them to press it down firmly.
3. Place in the freezer to harden while you make the raspberry and rosewater cheesecake layer.

FOR THE CAROB BROWNIE BASE

1. Place the cashews and water into a blender and blend until a lumpy paste is formed.
2. Add the maple syrup, coconut oil and vanilla and blend until smooth and creamy. Add the raspberries and rosewater (to taste) and blend to combine.
3. Pour the mixture over the top of the brownie layer and put it in the freezer for 20 minutes to firm up while you make the mango lassi cheesecake. It is important that this layer be firm enough that when you pour over the mango layer you get clear definition between the layers.

FOR THE MANGO LASSI CHEESECAKE

1. Place the cashews, maple syrup (optional), vanilla, coconut oil and water into a blender and blend until smooth. Add the mango and coconut cream and blend again until smooth.
2. Pour the mixture over the top of the raspberry and rosewater layer, then place in the freezer again to harden for 3-4 hours until solid.
3. I would recommend defrosting this cake in the fridge before serving. Raw cheesecakes can easily be stored in the freezer in an airtight container for a couple of months.



Blueberry scones

By Julia Shannahan (www.FriFran.com)

Makes **8** *scones* | *Prep* **15 mins** | *Cook* **15 mins** | *Calories* **526** *(per scone)*

180g (1½ cups) gluten free self-raising flour

40g (¼ cup) rice flour

25g (¼ cup) ground almonds

30g (2½ tbsp) sugar

1 tsp baking powder

¼ tsp sea salt flakes

60g (¼ cup) unsweetened vegan yoghurt

200ml (¾ cup) plant milk

150g (1 cup) fresh, or frozen, blueberries

19.8g	3.3g	trace	21.5g	33.2g
Total fat	Saturates	Salt	Sugar	Protein

1. Preheat the oven to 200°C/Gas Mark 6 and lightly dust a large, flat baking sheet with gluten free flour.
2. Place the flours, ground almonds, sugar, baking powder and salt into a bowl and mix well. Add the bluberries and mix gently. Make a well in the centre and add the yoghurt and half of the non-dairy milk. Mix. Keep adding a little more non-dairy milk at a time until the dough comes together. You may not need to use the full amount.
3. Place a sheet of greaseproof paper (or a silicone sheet) onto a baking tray and turn the dough out onto it. Gently pat the dough together into a cohesive round shape that's approximately 3cm (1in) deep. Place the baking sheet in the oven
4. Bake for around 15 minutes, or until risen and golden. It's cooked when a knife inserted into the middle comes out clean.
5. Remove from the oven. If you're making one large scone, slice it into eight while it's still hot, otherwise leave to cool on the baking sheet.
6. Serve with vegan spread, jam, and/ or a little vegan cream.
7. Store in an airtight container for 2 days. Scones are at their best eaten straight away while they are fresh. One cooled, these scones freeze well.



Epic vegan rocky road

By James Wythe (www.healthylivingjames.co.uk)

Serves **6** | *Prep* **5 mins** *plus freezing* | *Cook* **5 mins** | *Calories* **320** *(per square)*

70g (⅔ cup) pecans
70g (½ cup) almonds
50g (⅓ cup) unsalted pistachios
50g (⅓ cup) dried cranberries
40g (½ cup) cacao powder
3 tbsp maple syrup
2 tbsp almond milk
200g (¾ cup) coconut oil, melted

1. Place all the nuts into a pan and lightly toast for 5 minutes.
2. Meanwhile, make the chocolate sauce by adding the melted coconut oil, cacao powder, almond milk and maple syrup to a blender and blend until smooth. This should take around 30 seconds.
3. Line a small baking tray with baking paper and add half the nuts and cranberries. Pour over the chocolate sauce, then top with the rest of the nuts and cranberries.
4. Place flat in the freezer for 15-20 minutes. Remove and slice into squares or bars.

TIP These bars will keep in the fridge for up to 5 days in a sealed container.

25.3g	3.6g	trace	7.6g	7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Cinnamon rolls

By Holly Jade (www.thelittleblogofvegan.com)
Makes **9** *rolls | Prep* **40 mins** *plus rising | Cook* **25 mins** *| Calories* **360** *(per roll)*

FOR THE ROLLS

240ml (1 cup) dairy-free milk (I used unsweetened almond milk)

30g (2 tbsp) vegan butter

9g sachet active dry yeast powder

1 tbsp golden caster sugar

410g (3¼ cups) self-raising flour

FOR THE FILLING

10g (3 tsp) vegan butter

1 tsp vanilla bean paste

1 tbsp golden caster sugar

FOR THE GLAZE

350g (2¾ cups) icing sugar

1 tsp vanilla bean paste

1 tbsp vegan cream cheese

45ml (3 tbsp) dairy-free milk

1 Place the dairy-free milk and butter into a saucepan and heat until melted. Allow to cool a little.

2 Transfer to a bowl, add the yeast and mix. Pop in a warm place and cover with a tea towel to allow the yeast to activate. This will take approximately 15 minutes.

3 Once the yeast is foamy, add the sugar. Mix until combined.

4 Add the sifted flour to the yeast mixture, a little at a time, until a sticky dough forms.

5 Knead the sticky dough on a lightly floured surface for a few minutes until it becomes smoother.

6 Place in a lightly oiled bowl and cover with a clean tea towel. Allow to rise for approximately 2 hours in a warm area. You want the dough to double in size.

7 Flour a clean surface and roll the dough into a rectangular shape.

8 Mix the vegan butter and vanilla bean paste together, then spread all over the dough.

9 Sprinkle 1 tbsp sugar over the melted butter, making sure it's even.

10 Starting at a long side, roll the dough into a log, pinching it as you go to keep it rolled up.

11 Using a knife or string, cut into 2-5cm (1-2in) rolls.

12 Generously grease a square baking tin with melted vegan butter and line up the cinnamon rolls, leaving space as they will rise.

13 Brush melted vegan butter over each roll.

14 Cover with a clean tea towel and pop back in a warm area and allow to rise for 20 minutes.

15 Preheat the oven to 180°C/Gas Mark 4.

16 Once the rolls have grown in size, bake in the middle of the preheated oven for 20-25 minutes, or until golden in colour.

17 Once baked, remove from the oven and set aside.

TO MAKE THE GLAZE

1 Place the icing sugar, vanilla, vegan cream cheese and dairy-free milk in a food processor or blender and whizz until smooth. Add as much milk as needed for a smooth glaze.

2 Smooth over the rolls until fully coated. Serve the rolls while warm. Best enjoyed on the day of making.

TIP Once cooled, these can be stored in a sealed container.

4.4g	1g	trace	42g	4.8g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate mousse

By Rebecca Seal, Chantal Symons and John Vincent

Serves **4** | *Prep* **18 mins** *plus chilling* | *Cook* **10 mins** | *Calories* **296** *(per serving)*

150ml (⅔ cup) aquafaba (aka the brine from a can of chickpeas)

1 tsp lemon juice

200g (1½ cups) dairy-free dark chocolate (minimum 70% cocoa solids), broken into pieces

30ml (2 tbsp) unsweetened plant milk, plus an extra 30-45ml (2-3 tbsp), if needed

1 tbsp caster sugar

1 tsp vanilla extract

TO DECORATE

fresh seasonal fruit, nuts, toasted coconut flakes, or a mixture



This recipe is taken from *Leon Fast Vegan* by Rebecca Seal, Chantal Symons and John Vincent, photography by Steven Joyce, published by Conran Octopus. (RRP £25.)

36.3g	12.5g	trace	16.6g	5g
Total fat	Saturates	Salt	Sugar	Protein

1. Pour the aquafaba into the clean bowl of a stand mixer fitted with the whisk attachment (or a large mixing bowl if using an electric hand whisk). Add the lemon juice and whisk vigorously for at least 5 minutes, or until the mixture forms stiff peaks. You should be able to turn the bowl upside down without the mixture moving. Set aside.
2. Melt the chocolate, 2 tbsp plant milk, sugar and vanilla in a heatproof bowl set over a pan of just simmering water, stirring frequently, so that the bottom doesn't start to cook and become gritty. If the mixture starts to look fudgy, very thick or grainy, gradually add more milk, mixing thoroughly each time, until the mix is silky smooth. It will be quite thick, but should be glossy and easy to stir. Remove from the heat and allow to cool until just warm to the touch.
3. Using a metal spoon, gently fold the chocolate mixture into the whisked aquafaba until incorporated, scraping up the chocolate from the bottom of the bowl (it will sink below the aquafaba). This will take a few minutes, but be patient and don't rush – the mixture will gradually turn from pale brown to a rich chocolate brown.
4. Gently pour into a large serving bowl, or divide between individual bowls or glasses. Chill for at least 3 hours to firm up.
5. Remove from the fridge about 15 minutes before serving and decorate with fruit, nuts or toasted coconut, as desired.

TIP Fold the chocolate mixture into the whisked aquafaba rather than stirring it in, to prevent knocking all the air out and turning the mixture to liquid.



Rocky road flapjacks

By Sarah's Cookery for Seed And Bean (www.sarahscookery.com)
Makes **14** *bars* | *Prep* **5 mins** *plus setting* |
Cook **20 mins** | *Calories* **311** *(per bars)*

200g (1 cup) coconut sugar
165g (¾ cup) coconut oil
200g (2½ cups) porridge oats
240g (2½ cups) ground almonds
300g (1 cup) maple syrup
½ orange, juice only
65g (½ cup) vegan dark chocolate chips
65g (½ cup) Seed And Bean Cornish Sea Salt Extra Dark Chocolate, roughly chopped
1 tsp vanilla extract

1. Put the coconut oil, sugar and syrup in a medium pan and melt over a low heat. When melted, remove from the heat and add the oats and ground almond to the pan. Stir to coat all the oats with the oil and sugar mixture.
2. Add the orange juice and vanilla extract to the pan and stir in. Once mixed, put the pan aside to cool slightly.
3. Add the chocolate chips to the pan and mix. Put the mixture into a brownie tin or shallow tray and press evenly with the back of a metal spoon.
4. Bake on the middle shelf of the oven for 12 minutes at 200°C/Gas Mark 6.
5. Once fully cooled, melt the roughly chopped chocolate and spread over the top of the flapjack then put aside to set. Once set, cut into bars and enjoy!

10.5g Total fat | 3.7g Saturates | trace Salt | 32.6g Sugar | 5.9g Protein



Chocolate espresso tiffin

By Luce Hosier for Seed And Bean (www.whatluceeats.com)
Makes **8** *pieces* | *Prep* **10 mins** *plus chilling* |
Cook **1 min** | *Calories* **435** *(per piece)*

320g (2 cups) dates, soaked in boiling water for 10 minutes and drained)
100g (⅓ cup) peanut butter
1 tsp espresso powder
25g (¼ cup) cacao powder
100g vegan digestive biscuits, crushed
60g (⅓ cup) raisins
60g (½ cup) almonds, roughly chopped
170g (1¼ cup, grated) Seed And Bean Espresso Fine Dark Chocolate

1. In a food processor, blitz the drained dates, peanut butter, espresso powder and cacao until a paste is formed.
2. Empty the paste into a mixing bowl and fold in the crushed biscuits, raisins and chopped almonds.
3. Line or grease a square baking tin and empty the mixture into it. Flatten the mixture down firmly.
4. Melt the chocolate in a microwave, and then pour over the tiffin.
5. Place in the fridge to set for 60 minutes before slicing and enjoying.

TIP Store in an airtight container in the fridge and consume within 3 days.

21.4g Total fat | 7.3g Saturates | trace Salt | 36.6g Sugar | 9.6g Protein



Coconut and peanut butter energy bites

By Anna Wierzbińska (www.annabanana.co)
Makes **10** | *Prep* **10 mins** *plus chilling* |
Cook **3 mins** | *Calories* **311** *(per energy ball)*

260g (1 cup) smooth peanut butter
120ml (½ cup) maple syrup
130g (¾ cup) whole rolled oats
100g (1⅛ cups) desiccated coconut
2 tsp mixed spice

1. Place the peanut butter in a medium saucepan over a low heat and stir until melted.
2. Add the maple syrup and keep stirring to combine both, until you have smooth consistency. Take off the heat.
3. In a medium bowl, mix together the oats, desiccated coconut and mixed spice. Add the peanut butter and maple syrup mixture, and combine.
4. Using your hands (or an ice cream scoop), roll the mixture into small balls and place on a baking tray lined with baking paper.
5. Once you have used up all the mixture, place the tray in the fridge for at least couple of hours. Enjoy!

20.4g Total fat | 8.6g Saturates | trace Salt | 12.9g Sugar | 8.9g Protein



Chocolate orange biscuits

By Peta Coote (www.NourishingSoulfully.com)
Makes **20** *biscuits* | *Prep* **10 mins** |
Cook **8 mins** | *Calories* **60** *(per biscuit)*

125g (¾ cup) rice flour
2 tbsp pure cacao powder
pinch of salt
2 tbsp olive oil
zest of 2 unwaxed oranges
25g (2 tbsp) unrefined cane sugar
1 orange, juice only
4 tbsp agave syrup

1. Preheat the oven to 190°C/Gas Mark 5.
2. Mix the rice flour with the pure cacao powder and add a pinch of salt.
3. Add the olive oil, orange juice, agave syrup and half the orange zest and mix really well into a dough.
4. Roll out onto a flat surface and cut into shapes. Place the biscuits on greaseproof paper on a baking tray.
5. Bake for 7-8 minutes and allow to cool on a cooling rack.
6. Enjoy with a cup of tea.

1.9g Total fat | 0.5g Saturates | trace Salt | 1.6g Sugar | 0.8g Protein



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